

*** Lima Family YMCA Group Exercise week of 6/1/20***

Monday 6/1/20	Tuesday 6/2/20	Wednesday 6/3/20	Thursday 6/4/20	Friday 6/5/20	Saturday 6/6/20
5:05a Combat-Studio	5:05a BodyPump-305	5:05a Combat-Studio	5:05a BodyPump-305	5:05a Combat-Studio	8:20a BodyPump305
5:15a Bike-Gym	8:20a Combat-Studio	5:15a Bike-Gym	8:20a Combat-Studio	6:00a Kettle Bell-305	9:00a CardioDrum-Studio
6:00a Kettle Bell-305	8:30a SS Cardio	6:00a Kettle Bell-305	8:30a SS Cardio	8:30a BodyPump-305	10:40a Combat-Studio
6:05a BodyFlow-Studio	9:30a BodyFlow-Studio	6:05a BodyFlow-Studio	9:30a BodyFlow-Studio	9:40a Cardio&Tone-Studio	
8:30a BodyPump-305	9:30a BodyPump305	8:30a BodyPump-305	9:30a BodyPump305	12:10p Bike-Gym	
9:40a Cardio&Tone-Studio	10:30a SS Cardio	9:40a Cardio&Tone-Studio	10:30a SS Cardio		
12:10p Bike-Gym	1:00p SS Classic	12:10p Bike-Gym	1:00p SS Classic		
5:35p Cardio&Tone-Studio	4:45p HIIT-Studio	5:35p Cardio&Tone-Studio	4:45p HIIT-Studio		
6:45p BodyPump-305	5:30p BodyPump-305	6:45p BodyPump-305	5:30p BodyPump-305		
		7:00p Yoga-Studio			

Call the Lima YMCA starting 2pm the day before to register for class

419-223-6045-Space is Limited!!!

*** Lima Family YMCA Group Exercise week of 6/8/20***

Monday 6/8/20	Tuesday 6/9/20	Wednesday 6/10/20	Thursday 6/11/20	Friday 6/12/20	Saturday 6/13/20
5:05a Combat-Studio	5:05a BodyPump-305	5:05a Combat-Studio	5:05a BodyPump-305	5:05a Combat-Studio	8:20a BodyPump305
5:15a Bike-Gym	8:20a Combat-Studio	5:15a Bike-Gym	8:20a Combat-Studio	6:00a Kettle Bell-305	9:00a CardioDrum-Studio
6:00a Kettle Bell-305	8:30a SS Cardio	6:00a Kettle Bell-305	8:30a SS Cardio	8:30a BodyPump-305	10:40a Combat-Studio
6:05a BodyFlow-Studio	9:30a BodyFlow-Studio	6:05a BodyFlow-Studio	9:30a BodyFlow-Studio	9:40a Cardio&Tone-Studio	
8:30a BodyPump-305	9:30a BodyPump305	8:30a BodyPump-305	9:30a BodyPump305	10:45a SS Classic	
9:40a Cardio&Tone-Studio	10:30a SS Cardio	9:40a Cardio&Tone-Studio	10:30a SS Cardio	12:10p Bike-Gym	
10:45a SS Classic	12p Indo-Row-Studio	10:45a SS Classic	12p Indo-Row-Studio	1:00p SS Yoga	
12:10p Bike-Gym	1:00p SS Classic	12:10p Bike-Gym	1:00p SS Classic		
1:00p SS Yoga	4:45p HIIT-Studio	1:00p SS Yoga	4:45p HIIT-Studio		
5:35p Cardio&Tone-Studio	5:30p BodyPump-305	5:35p Cardio&Tone-Studio	5:30p BodyPump-305		
6:45p BodyPump-305		6:45p BodyPump-305			
		7:00p Yoga-Studio			

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