GROUP EXERCISE SCHEDULE – BHP BILLITON YMCA

1.15.20

*** Reserve Your Spot for Spin & TRX classes at the front desk.**

THURSDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	Shannon/Davie	CrossFit
	6:15AM	Yoga I/II	Francine	Studio 1
	6:30AM	CrossFit	Shannon/Davie	CrossFit
	7:30AM	CrossFit	Shannon/Davie	CrossFit
	8:15AM	Spin Chicks*	Margaret	Spin Studio*
	8:15AM	Sculpt	Tina	Studio 1
	8:15AM	TRX*	Mike	Studio 2
	9:15AM	Barre	Allyson	Studio 1
	9:15AM	PiYo	Misty	Studio 2
	9:30AM	Spin	Susan	Spin Studio*
	10:00AM	Mommy and Me Water	Sharon	Family Pool
	10:15AM	Restorative Pilates	Sheri	Studio 1
	10:15AM	Aqua Fit	Charlotte	Family Pool
	10:30AM	Chair Yoga	Francine	Studio 2
	11:15AM	Rock Steady	Sharon	Gym
NOON	11:30AM	Tai Chi	James	Studio 1
	12:00PM	Spin*	Melissa	Spin Studio*
	12:00PM	CrossFit	Shannon	CrossFit
EVENING	4:15PM	Barre	Allyson	Studio 1
	4:15PM	Kids Zumba	Kaitlyn	Studio 2
	4:30PM	CrossFit	Nora	CrossFit
	5:15PM	TRX*	Paige	Studio 2
	5:30PM	Water Aerobics	Q	Family Pool
	5:30PM	Sculpt	Melissa	Studio 1
	5:30PM	HIIT	Drew	Gym
	5:30PM	Kid Fit	Maycee/ Charlotte/Katie	Lobby
	5:30PM	Kid & Adult Weightlifting	Wendy/Jason	CrossFit
	6:00PM	Spin*	Jamie	Spin Studio*
	6:05PM	Yoga I	Amanda/Sheila	Studio 2
	6:30PM	CrossFit	Davie	CrossFit

FRIDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	Shannon/Davie	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*
	6:00AM	Vinyasa Yoga	Ken	Studio 1
	6:30AM	CrossFit	Shannon/Davie	CrossFit
	7:30AM	CrossFit	Shannon/Davie	CrossFit
	8:15 AM	TRX	Sharon	Studio 2
	8:15AM	Spin*	Melissa	Spin Studio*
	8:30AM	Cardio	Claire	Studio 1
	8:15AM	Water Aerobics	Mary	Family Pool
	9:15AM	Staying Fit	Melissa	Studio 1
	9:15AM	Restorative Yoga	Mary	Studio 2
	10:15AM	Chair Aerobics	Melissa	Studio 2
	10:15AM	Rev+Flow	Courtney	Studio 1
	11:00AM	Strength	Charlotte	Studio 2
NOON	12:00PM	Yoga Level I/II	Jamie	Studio 1
	12:00PM	HIIT Express	Katrina	Gym
	12:00PM	CrossFit	Nora	CrossFit
	12:30PM	Abs	Kartina	Gym
EVENING	4:15PM	Spin*	Charlotte	Spin Studio*
	4:30PM	CrossFit	Nora	CrossFit
	5:30PM	CrossFit	Nora	CrossFit
	6:30PM	CrossFit	Davie	CrossFit

SATURDAY

	Time	Class	Instructor	Location
MORNING	7:15AM	Yoga I/II	Sabina	Studio 2
	7:30AM	Spin*	Clay	Spin Studio*
	8:00AM	Core, Back, & Balance	Francine	Studio 1
	8:15AM	Intro to Yoga (begins 1.18.20)	Mary	Gym
	8:30AM	Intro to TRX (begins 1.18.20)	Mike/Sharon	Studio 2
	8:30AM	Spin*	Bob/Sarah	Spin Studio*
	8:45 AM	Chair Yoga	Francine	Studio 1
	9:00AM	Closed Practice	Swim Team	Crossfit
	9:15AM	Pilates	Sheri	Gym
	9:20 AM	Pound	Sherricka	Studio 2
	9:30AM	Zumba	Tiffany	Studio 1
	9:30AM	Paddle Board Yoga*	Sarah S.	Natatorium
	9:30AM	Intro to Spin (begins 1.18.20)	Bob	Spin Studio
	10:00AM	CrossFit	Shannon/Nora	CrossFit
	10:45AM	Water Aerobics	Kameron	
	11:00AM	Yoga I/II	Tina	Studio 1
	11:15AM	Zumbini	Aga/Scarlette	Studio 2
	10:30AM	Kids Zumba	Rachel	Studio 2
	10:45AM	Water Aerobics	Kameron	Family Pool
	11:00AM	CrossFit	Shannon/Nora	CrossFit

SUNDAY

	Time	Class	Instructor	Location
NOON	3:00PM	Yoga I/II	Francine / Ken	Studio 1
	4:00PM	REFIT	Courtney	Studio 1

SCHEDULE CONTINUED ON OTHER SIDE

GROUP EXERCISE SCHEDULE – BHP BILLITON YMCA

1.15.20

*** Reserve Your Spot for Spin & TRX classes at the front desk.**

MONDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	Shannon/Davie	CrossFit
	5:45AM	Spin*	Kristi	Spin Studio*
	6:30AM	CrossFit	Shannon/Davie	CrossFit
	7:00AM	Core/Mobility	Devon	Studio 1
	7:30AM	CrossFit	Shannon/Davie	CrossFit
	7:30AM	Core/Mobility	Devon	Studio 1
	8:15AM	Spin*	Lindy	Spin Studio*
	8:15AM	Cardio	Carly	Studio 1
	8:15AM	TRX*	Sharon	Studio 2
	8:15AM	Water Aerobics	Charlotte	Family Pool
	9:15AM	Staying Fit	Misty	Studio 1
	9:15AM	Yoga II	Margaret	Studio 2
	9:15 AM	Pilates	Alice	Gym
	10:30AM	Chair Aerobics	Renee	Studio 1
	11:00 AM	Strength	Claire	Studio 2
NOON	12:00PM	Yoga Level I/II	Jamie	Studio 2
	12:00PM	HIIT Express	Carly	Gym
	12:00PM	Kid Fit	Ren/Charlotte	Lobby
	12:00PM	CrossFit	Kevin	CrossFit
	12:30PM	Abs	Carly	Gym
	1:30PM	Rock Steady	Melissa	Gym
	4:15PM	Spin*	Melissa	Spin Studio*
	4:15PM	Cardio	Kristina	Studio 1
	4:15PM	Kids Yoga	Jamie	Studio 2
EVENING	4:30 PM	Water Aerobics	Sharon	Family Pool
	4:30PM	CrossFit	Nora	CrossFit
	5:30PM	Pilates	Sheri	Gym
	5:30PM	Zumba	Laura/Tiffany	Studio 1
	5:30PM	Spin*	Sarah S.	Spin Studio*
	5:30PM	CrossFit	Shannon	CrossFit
	5:30PM	Kid Fit	Charlotte/Joy	Lobby
	6:00PM	Power Yoga	Ken	Studio 2
	6:30PM	CrossFit	Rotation	CrossFit
	6:30PM	Tai Chi	James	Studio 1

TUESDAY

	Time	Class	Instructor	Location
MORNING	5:30AM	CrossFit	Shannon/Davie	CrossFit
	6:15AM	Yoga Flow	Sarah S.	Studio 1
	6:30AM	CrossFit	Shannon/Davie	CrossFit
	7:30AM	CrossFit	Shannon/Davie	CrossFit
	8:15AM	Spin Chicks*	Margaret	Spin Studio*
	8:15AM	Power Sculpt	Carly/Charlotte	Studio 1
	8:15AM	TRX*	Mike	Studio 2
	9:15AM	Barre	Allyson	Studio 1
	9:15AM	PiYo	Amanda	Studio 2
	9:30AM	Spin	Susan	Spin Studio*
	10:15AM	Hooping	Laurel	Gym
	10:15AM	Restorative Pilates	Lauren	Studio 1
	10:15AM	Water Aerobics	Dwayne	Family Pool
	10:30AM	Chair Yoga	Mary	Studio 2
	11:15AM	Rock Steady	Sharon	Gym
NOON	11:30AM	Tai Chi	James	Studio 1
	12:00PM	Spin*	Charlotte	Spin Studio*
	12:00PM	CrossFit	Shannon	CrossFit
	4:15PM	Barre	Allyson	Studio 1
	4:15PM	Kids Zumba	Kaitlyn	Studio 2
	4:30PM	CrossFit	Nora	CrossFit
EVENING	5:15PM	TRX*	Paige	Studio 2
	5:30PM	Sculpt	Megan	Studio 1
	5:30PM	HIIT	Sarah	Gym
	5:30 PM	Water Aerobics	Q	Family Pool
	5:30PM	Kid Fit	Maycee/ Charlotte	Lobby
	5:30PM	Kid & Adult Weightlifting	Wendy/Jason	CrossFit
	5:30 PM	Meditation	Francine	Training Room
	6:00PM	Spin*	Melissa	Spin Studio*
	6:05PM	Yoga I	Francine	Studio 2
	6:30PM	CrossFit	Davie	CrossFit

WEDNESDAY

	Time	Class	Instructor	Location	
MORNING	5:30AM	CrossFit	Shannon/Davie	CrossFit	
	5:30AM	Spin*	Tina	Spin Studio*	
	6:30AM	CrossFit	Shannon/Davie	CrossFit	
	7:00AM	Core/Mobility	Devon	Studio 1	
	7:30AM	CrossFit	Shannon/Davie	CrossFit	
	7:30AM	Core/Mobility	Devon	Studio 1	
	8:15AM	Spin*	Karen	Spin Studio*	
	8:15AM	Cardio	Misty	Studio 1	
	8:15AM	TRX*	Sharon	Studio 2	
	8:15AM	Water Aerobics	Bob L.	Family Pool	
	9:15AM	Staying Fit	Sharon	Studio 1	
	9:15AM	Pilates	Lauren	Gym	
	9:15AM	Yoga II	Margaret	Studio 2	
	10:15AM	Zumbini	Aga/Scarlette	Studio 2	
	10:30AM	Chair Aerobics	Melissa	Studio 1	
	11:00AM	Strength	Claire	Studio 2	
NOON	12:00PM	Yoga Level I/II	Maggie	Studio 2	
	12:00PM	HIIT Express	Charlotte	Gym	
	12:00PM	CrossFit	Nora	CrossFit	
	12:30PM	Abs	Charlotte	Gym	
	4:15PM	Spin*	Melissa	Spin Studio*	
	4:15PM	Step	Rick	Studio 1	Step on the first Wednesday of the month only
	4:15PM	Cardio Barre	Lauren	Studio 1	Cardio Barre on all remaining Wednesdays
EVENING	4:15PM	Kids Yoga	Jamie	Studio 2	
	4:30 PM	Water Aerobics	Sharon	Family Pool	
	4:30PM	CrossFit	Wendy	CrossFit	
	5:30 PM	Pilates	Sheri	Gym	
	5:30PM	PiYo	Amanda	Studio 2	
	5:30PM	Spin*	Bob E.	Spin Studio*	
	5:30PM	CrossFit	Wendy	CrossFit	
	5:30PM	Kid Fit	Maycee/Joy	Lobby	
	6:00PM	Yoga I/II	Sabina	Studio 1	
	6:30PM	CrossFit	Rotation	CrossFit	
	6:30PM	Tai Chi	James	Studio 2	

SCHEDULE CONTINUED ON OTHER SIDE