



Venice YMCA | February 16th - February 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Studio B	6:15AM-7:00AM (Strength) <i>Gini B.</i> 9:00AM-9:45AM (Strength) <i>Jean B.</i>		6:15AM-7:00AM (Strength) <i>Gini B.</i> 9:00AM-9:45AM (Strength) <i>Leslie C.</i> 5:30PM-6:30PM (Strength) <i>Lenka G.</i>		9:00AM-9:45AM (Strength) <i>Lenka G.</i>	7:05AM-7:50AM (Strength) <i>Gini B.</i>	
Small Group PT with Natalia (\$) MYZONE Studio	7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		
Active Adults Studio B	7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		
Pilates Reformer FULL BODY (\$) Pilates Reformer Studio	7:55AM-8:45AM (Specialty) <i>Tamara S.</i>		8:00AM-8:50AM (Specialty) <i>Tamara S.</i>		8:00AM-8:50AM (Specialty) <i>Tamara S.</i>	9:00AM-9:50AM (Specialty) <i>Tamara S.</i> 10:00AM-10:50AM (Specialty) <i>Tamara S.</i>	
Free Motion (\$) Free Motion Area	8:00AM-8:45AM (Specialty) <i>Tom C.</i>	10:00AM-10:45AM (Specialty) <i>Christina T.</i>		10:00AM-10:45AM (Specialty) <i>Christina T.</i>	8:00AM-8:45AM (Specialty) <i>Tom C.</i>		
Spinning Cycle Studio	9:00AM-9:55AM (Spinning) <i>Kelly L.</i> 6:00PM-6:55PM (Spinning) <i>Dana T.</i>	9:00AM-9:55AM (Spinning) <i>Valerie B.</i> 6:00PM-6:55PM (Spinning) <i>Nicole R.</i>	9:00AM-9:55AM (Spinning) <i>Mark F.</i> 6:00PM-6:55PM (Spinning) <i>Dana T.</i>	9:00AM-9:55AM (Spinning) <i>Valerie B.</i> 6:00PM-6:55PM (Spinning) <i>Nicole R.</i>	9:00AM-9:55AM (Spinning) <i>Jean B.</i>	9:00AM-9:55AM (Spinning) <i>Valerie B.</i>	9:00AM-9:55AM (Spinning) <i>Nicole R.</i>
Pilates Reformer INTERMEDIATE (\$) Pilates Reformer Studio	9:00AM-9:50AM (Specialty) <i>Natalia G.</i>		9:00AM-9:50AM (Specialty) <i>Tamara S.</i>	8:00AM-8:50AM (Specialty) <i>Natalia G.</i>	9:00AM-9:50AM (Specialty) <i>Tamara S.</i>		
MYZONE (\$) MYZONE Studio	9:00AM-10:00AM (Specialty) <i>Tosha T.</i>			9:00AM-10:00AM (Specialty) <i>Tosha T.</i>		9:00AM-10:00AM (Specialty) <i>Christina T.</i>	

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BodyShred Studio A	9:15AM-10:00AM (Strength) <i>Eva M.</i>		9:15AM-10:00AM (Strength) <i>Eva M.</i>				
Pilates Reformer BEGINNER (\$) Pilates Reformer Studio	10:00AM-10:50AM (Specialty) <i>Natalia G.</i>	8:00AM-8:50AM (Specialty) <i>Natalia G.</i>	10:00AM-10:50AM (Specialty) <i>Tamara S.</i>	10:00AM-10:50AM (Specialty) <i>Natalia G.</i>	10:00AM-10:50AM (Specialty) <i>Tamara S.</i>		
Sculpt & Stretch Studio C	10:00AM-10:45AM (Strength) <i>Kathy M.</i>		10:00AM-10:45AM (Strength) <i>Kathy M.</i>				
Les Mills BodyBalance Studio B	10:00AM-10:45AM (Stretch) <i>Jan B.</i>		10:00AM-10:45AM (Stretch) <i>Leslie C.</i>		10:00AM-10:45AM (Stretch) <i>Jan B.</i>		
Vinyasa Flow Yoga Studio A	10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>		10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>				
Pedaling For Parkinson's Cycle Studio	10:30AM-11:30AM (Specialty) <i>Jean B.</i>		10:30AM-11:30AM (Specialty) <i>Jean B.</i>		10:30AM-11:30AM (Specialty) <i>Jean B.</i>		
Zumba Studio B	11:00AM-11:55AM (Dance) <i>Charlotte C.</i> 7:00PM-7:55PM (Dance) <i>Eloy G.</i>		11:00AM-11:55AM (Dance) <i>Charlotte C.</i> 7:00PM-7:55PM (Dance) <i>Eloy G.</i>			8:00AM-8:45AM (Dance) <i>Charlotte C.</i>	
Abs Express Studio C	11:00AM-11:30AM (Strength) <i>Judy F.</i>		11:00AM-11:30AM (Strength) <i>Judy F.</i>				
Chair Yoga Studio A	11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		
Yoga Flow Studio B	12:00PM-1:00PM (Mind & Body) <i>Michelle W.</i>						11:00AM-12:15PM (Mind & Body) <i>Michelle W.</i> 12:30PM-1:30PM (Mind & Body) <i>Michelle W.</i>
4EvaFITw/Lucia - SMG PT (\$) Free Motion Area	12:30PM-1:30PM (Small Group Personal Training) <i>Lucia E.</i>		12:00PM-1:00PM (Small Group Personal Training) <i>Lucia E.</i>		12:30PM-1:30PM (Small Group Personal Training) <i>Lucia E.</i>		
Seniors in Motion Studio A	12:45PM-1:30PM (Active Older Adults) <i>Sherry B.</i>		12:45PM-1:30PM (Active Older Adults) <i>Sherry B.</i>		12:45PM-1:30PM (Active Older Adults) <i>Stanene H.</i>		10:00AM-10:55AM (Active Older Adults) <i>Sherry B.</i>

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Fit Vet Program Studio C	1:00PM-2:00PM (Specialty) <i>Tosha T.</i>	1:00PM-2:00PM (Specialty) <i>Christina T.</i>		1:00PM-2:00PM (Specialty) <i>Tosha T.</i>			
Pilates Mat Studio B	4:00PM-4:45PM (Mind & Body) <i>Judy F.</i>		4:00PM-4:45PM (Mind & Body) <i>Judy F.</i>		4:00PM-4:45PM (Mind & Body) <i>Kathy M.</i>		
Strength Power Hour Studio B	5:15PM-6:15PM (Strength) <i>Kelly L.</i>	7:45AM-8:45AM (Strength) <i>Kelly L.</i>		7:45AM-8:45AM (Strength) <i>Kelly L.</i>			
Taekwondo (\$) Studio A	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>	5:00PM-6:00PM (Specialty) <i>Adriana C.</i>	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>	5:00PM-6:00PM (Specialty) <i>Adriana C.</i>	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>		
Yin Yoga Studio C	6:00PM-6:55PM (Mind & Body) <i>Michelle W.</i>		6:00PM-6:55PM (Mind & Body) <i>Michelle W.</i>				
Pilates Reformer ADVANCED (\$) Pilates Reformer Studio		7:00AM-7:50AM (Specialty) <i>Natalia G.</i>		7:00AM-7:50AM (Specialty) <i>Natalia G.</i>			
TRX (\$) Studio C		7:15AM-8:00AM (Specialty) <i>Eva M.</i>	9:00AM-9:45AM (Specialty) <i>Jean B.</i>	7:15AM-8:00AM (Specialty) <i>Eva M.</i>			
StretchFIT Studio A		8:00AM-8:55AM (Active Older Adults) <i>Susan D.</i>		8:00AM-8:55AM (Active Older Adults) <i>Susan D.</i>			
Yoga Studio C		8:00AM-8:45AM (Mind & Body) <i>Jan B.</i>		8:00AM-8:45AM (Mind & Body) <i>Jan B.</i>			
ForeverFit Studio B		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>	
Pilates Mat Studio C		9:00AM-9:50AM (Mind & Body) <i>Jean B.</i>	8:00AM-8:50AM (Mind & Body) <i>Jean B.</i>	9:00AM-9:50AM (Mind & Body) <i>Jean B.</i>			
Body Works Studio C		10:00AM-10:50AM (Strength) <i>Jean B.</i>		10:00AM-10:50AM (Strength) <i>Jean B.</i>			
Step Studio B		10:00AM-10:45AM (Cardio) <i>Judy H.</i>		10:00AM-10:45AM (Cardio) <i>Judy H.</i>		10:00AM-10:45AM (Cardio) <i>Judy H.</i>	
Rock Steady Boxing (\$) Studio A		10:30AM-12:00PM (Specialty) <i>Adriana C.</i>		10:30AM-12:00PM (Specialty) <i>Tosha T.</i>			

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Cardio Drumming Studio B		11:00AM-11:45AM (Cardio) <i>Charlotte C.</i>		11:00AM-11:45AM (Cardio) <i>Charlotte C.</i>			9:00AM-9:45AM (Cardio) <i>Charlotte C.</i>
Strength Explosion Studio C		11:15AM-12:00PM (Strength) <i>Judy H.</i>		11:15AM-12:00PM (Strength) <i>Judy H.</i>		11:15AM-12:00PM (Strength) <i>Judy H.</i>	
Barre Class Studio B		12:00PM-12:55PM (Mind & Body) <i>Natalia G.</i>		12:00PM-12:55PM (Mind & Body) <i>Natalia G.</i>			
Balance For Fitness Studio A		12:45PM-1:30PM (Active Older Adults) <i>Leslie C.</i>		12:45PM-1:30PM (Active Older Adults) <i>Jean B.</i>			
Line Dancing IMPROVER Studio B		1:15PM-2:15PM (Dance) <i>Bonnie J.</i>					
Chair Pilates Studio A		1:45PM-2:30PM (Mind & Body) <i>Jean B.</i>		1:45PM-2:30PM (Mind & Body) <i>Jean B.</i>			
Zumba Toning Studio B		4:30PM-5:15PM (Dance) <i>Charlotte C.</i>		4:30PM-5:15PM (Dance) <i>Charlotte C.</i>			
Les Mills BODYCOMBAT Studio B		5:30PM-6:25PM (Cardio) <i>Rene S.</i>					
Gentle Yoga Studio B			12:00PM-12:55PM (Mind & Body) <i>Anna M.</i>		12:00PM-12:55PM (Mind & Body) <i>Anne R.</i>		
Line Dancing Studio B			1:30PM-2:30PM (Dance) <i>Bonnie J.</i>	1:15PM-2:15PM (Dance) <i>Bonnie J.</i>			
Les Mills BodyAttack/BodyCombat Studio B				5:30PM-6:25PM (Cardio) <i>Lenka G.</i>			
Les Mills BODYPUMP HEAVY Studio B				6:30PM-7:30PM (Les Mills) <i>Lenka G.</i>			
Zumba Studio A					8:00AM-8:55AM (Dance) <i>Charlotte C.</i>		
BodyShred Studio C					9:15AM-10:15AM (Strength) <i>Eva M.</i>		
Mat Chair Yoga Fusion Studio A					10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>		

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Yoga Flow Studio C					10:30AM-11:30AM (Mind & Body) <i>Michelle W.</i>		
CardioFit Studio B					11:00AM-11:45AM (Cardio) <i>Jan B.</i>		
Strength Academy Bootcamp (\$) MYZONE Studio						7:15AM-8:00AM (Specialty) <i>Todd R.</i>	
Yoga Studio A						10:30AM-11:25AM (Mind & Body) <i>Jan B.</i>	
Yoga for Strength Studio B						11:00AM-12:00PM (Mind & Body) <i>Michelle W.</i>	
Wall Yoga Workshop (\$) Studio C						12:15PM-2:15PM (Mind & Body) <i>Michelle W.</i>	