



Lakewood Ranch YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Studio A	5:30AM-6:25AM (Strength) <i>Kelli E.</i> 10:20AM-11:15AM (Strength) <i>Erika F.</i> 6:15PM-7:10PM (Strength) <i>Nicole P.</i>	8:15AM-9:10AM (Strength) <i>Kelly G.</i> 12:30PM-1:15PM (Strength) <i>Steve P.</i>	5:30AM-6:15AM (Strength) <i>Heather A.</i> 10:20AM-11:15AM (Strength) <i>Kelli E.</i> 6:15PM-7:10PM (Strength) <i>Natalie B.</i>	8:15AM-9:10AM (Strength) <i>Taya H.</i> 12:30PM-1:15PM (Strength) <i>Michelle M.</i>	5:30AM-6:25AM (Strength) <i>Heather A.</i> 10:20AM-11:15AM (Strength) <i>Summer S.</i> 5:30PM-6:25PM (Strength) <i>Steve P.</i>	8:10AM-9:05AM (Strength) <i>Nicole P.</i>	
Cycle Studio C	5:30AM-6:15AM (Cardio) <i>Cindy L.</i> 9:15AM-10:00AM (Cardio) <i>Hope H.</i>	6:15PM-7:00PM (Cardio) <i>Stephanie G.</i>	5:30AM-6:15AM (Cardio) <i>Cindy L.</i> 8:15AM-9:00AM (Cardio) <i>Hope H.</i>		5:30AM-6:15AM (Cardio) <i>Cindy L.</i>	8:15AM-9:00AM (Cardio) <i>Cindy L.</i> 9:15AM-10:00AM (Cardio) <i>Stephanie G.</i>	
Yoga Studio B	8:00AM-9:00AM (Mind & Body) <i>Val S.</i> 10:15AM-11:15AM (Mind & Body) <i>Cheridan S.</i>	10:15AM-11:15AM (Mind & Body) <i>Cheridan S.</i> 6:20PM-7:05PM (Mind & Body) <i>Dawn P.</i>	5:00PM-6:00PM (Mind & Body) <i>Steve P.</i>	8:00AM-9:00AM (Mind & Body) <i>Summer S.</i>	8:00AM-9:00AM (Mind & Body) <i>Dawn P.</i>		
Les Mills Core Studio A	8:00AM-8:30AM (Strength) <i>Lauren G.</i>	5:00PM-5:30PM (Strength) <i>Lauren G.</i>	8:40AM-9:10AM (Strength) <i>Kira K.</i>	10:05AM-10:35AM (Strength) <i>Amy B.</i> 5:00PM-5:30PM (Strength) <i>Kira K.</i>	8:40AM-9:10AM (Strength) <i>Allison M.</i>		
Les Mills BodyAttack Studio A	8:30AM-9:00AM (Cardio) <i>Lauren G.</i>		9:15AM-10:00AM (Cardio) <i>Lauren G.</i>		8:00AM-8:30AM (Cardio) <i>Lauren G.</i>		
Athletic Circuit Turf	9:00AM-9:45AM (Functional Training) <i>Michelle M.</i>				9:00AM-9:45AM (Functional Training) <i>Michelle M.</i>		

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Les Mills BODYCOMBAT Studio A	9:15AM-10:10AM (Cardio) <i>Kelli E.</i>	5:30AM-6:25AM (Cardio) <i>Amanda C.</i> 6:15PM-7:10PM (Cardio) <i>Kira K.</i>		6:15PM-7:10PM (Cardio) <i>Megan M.</i>	9:15AM-10:10AM (Cardio) <i>Erika F.</i>	9:15AM-10:10AM (Cardio) <i>Nicole P.</i>	
Barre Class Studio B	9:15AM-10:00AM (Mind & Body) <i>Rose B.</i>	5:30PM-6:15PM (Mind & Body) <i>Kira K.</i>		9:15AM-10:15AM (Mind & Body) <i>Taya H.</i> 5:30PM-6:15PM (Mind & Body) <i>Kira K.</i>			
TRX Turf	10:15AM-11:00AM (Strength) <i>Hope H.</i>		9:15AM-10:00AM (Strength) <i>Hope H.</i>				
Senior Strength and Stretch Studio A	11:30AM-12:15PM (Active Older Adults) <i>Hope H.</i>						
Chair Yoga Studio A	12:30PM-1:15PM (Mind & Body) <i>Rose B.</i>						
Zumba Studio A	5:15PM-6:00PM (Dance) <i>Lauren C.</i>		5:15PM-6:00PM (Dance) <i>Danielle F.</i>				
Les Mills Sprint Studio C	5:30PM-6:00PM (Interval Training) <i>Kelly G.</i>	5:30AM-6:00AM (Interval Training) <i>Carmen H.</i> 9:15AM-9:45AM (Interval Training) <i>Erika F.</i>	5:30PM-6:00PM (Interval Training) <i>Georgie W.</i>	8:30AM-9:00AM (Interval Training) <i>Kelly G.</i>	9:15AM-9:45AM (Interval Training) <i>Carmen H.</i>		
Gentle Yoga Studio B		8:00AM-9:00AM (Mind & Body) <i>Steve P.</i>					
Pure Strength Studio A		9:15AM-10:00AM (Interval Training) <i>Amy B.</i>		9:15AM-10:00AM (Interval Training) <i>Amy B.</i>			
Les Mills Grit Studio B		9:15AM-9:45AM (Interval Training) <i>Megha V.</i>				8:00AM-8:30AM (Interval Training) <i>Heidi T.</i>	
Les Mills Pilates Studio A		10:05AM-10:50AM (Mind & Body) <i>Erika F.</i>					

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S.E.A.T. Studio A		11:30AM-12:15PM (Active Older Adults) <i>Jackie C.</i>					
Les Mills Tone Studio A		5:30PM-6:00PM (Functional Training) <i>Lauren G.</i>	8:00AM-8:30AM (Functional Training) <i>Erika F.</i>				
Les Mills BodyBalance Studio B			9:15AM-10:10AM (Stretch) <i>Val S.</i>	7:15PM-8:00PM (Stretch) <i>Carmen H.</i>			
Tai Chi Studio B			10:30AM-11:30AM (Mind & Body) <i>June A.</i>				
Senior Athletic Circuit Turf			10:30AM-11:15AM (Active Older Adults) <i>Hope H.</i>				
Seniors in Motion Studio A			11:30AM-12:15PM (Active Older Adults) <i>Liron B.</i>				
Les Mills BodyCombat/BodyBalance Hybrid Studio B				5:30AM-6:30AM (Specialty) <i>Amanda C.</i>			
Athletic Circuit Studio A				5:30AM-6:15AM (Functional Training) <i>Cindy L.</i>			
Senior Cycle Studio C				10:45AM-11:15AM (Spinning) <i>Hope H.</i>			
Senior Boot Camp Studio A				11:30AM-12:15PM (Active Older Adults) <i>Hope H.</i>			
Zumba Studio B					9:15AM-10:00AM (Dance) <i>Danielle F.</i>	10:15AM-11:00AM (Dance) <i>Yolanda H.</i>	
Les Mills Shapes Studio B					10:15AM-11:00AM (Les Mills) <i>Michelle M.</i>		
Active Adult Classic Studio A					11:30AM-12:15PM (Specialty) <i>Carmen H.</i>		

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Les Mills Core Studio B						8:30AM-9:00AM (Strength) <i>Allison M.</i>	
Les Mills BodyBalance Studio A						10:15AM-11:10AM (Stretch) <i>Val S.</i>	