



## Palmer Ranch YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Les Mills BODYPUMP</b> Studio A	5:30AM-6:30AM (Strength) <i>Kimberly O.</i>  5:15PM-6:15PM (Strength) <i>Janet T.</i>	10:15AM-11:15AM (Strength) <i>Janet T.</i>	9:00AM-10:00AM (Strength) <i>Janet T.</i>  5:15PM-6:15PM (Strength) <i>Kimberly B.</i>	10:15AM-11:15AM (Strength) <i>Lara T.</i>	5:30AM-6:30AM (Strength) <i>Marilyn G.</i>  5:15PM-6:15PM (Strength) <i>Lara T.</i>	9:00AM-10:00AM (Strength) <i>Lara T.</i>	11:15AM-12:15PM (Strength) <i>Lara T.</i>
<b>Circuit</b> Studio B	6:00AM-7:00AM (Strength) <i>Jude B.</i>		6:00AM-7:00AM (Strength) <i>Jude B.</i>		6:00AM-7:00AM (Strength) <i>Jude B.</i>		
<b>Cycle</b> Studio V	8:00AM-9:00AM (Cardio) <i>Valerie B.</i>  9:15AM-10:15AM (Cardio) <i>Kathy H.</i>  6:00PM-7:00PM (Cardio) <i>Alix R.</i>	9:15AM-10:15AM (Cardio) <i>Judy M.</i>	8:00AM-9:00AM (Cardio) <i>Valerie B.</i>		9:15AM-10:15AM (Cardio) <i>Judy M.</i>	10:15AM-11:15AM (Cardio) <i>Alix R.</i>	
<b>Muscle Works</b> Studio A	8:00AM-8:50AM (Strength) <i>Charlie D.</i>	6:05PM-6:35PM (Strength) <i>Charlie D.</i>	8:00AM-8:50AM (Strength) <i>Barbara K.</i>		9:00AM-10:00AM (Strength) <i>Barbara K.</i>		
<b>Muscle Works</b> Studio B	8:00AM-8:55AM (Strength) <i>Barbara K.</i>	9:00AM-10:00AM (Strength) <i>Janet T.</i>		9:00AM-10:00AM (Strength) <i>Janet T.</i>			
<b>Hybrid</b> The Box	8:00AM-9:00AM (Specialty) <i>Kelly K.</i>  9:45AM-10:45AM (Specialty) <i>Karen K.</i>  5:45PM-6:45PM (Specialty) <i>Kelly K.</i>		8:00AM-9:00AM (Specialty) <i>Kelly K.</i>  9:45AM-10:45AM (Specialty) <i>Karen K.</i>  5:45PM-6:45PM (Specialty) <i>Karen K.</i>		8:00AM-9:00AM (Specialty) <i>Karen K.</i>  9:45AM-10:45AM (Specialty) <i>Karen K.</i>	8:00AM-9:00AM (Specialty) <i>Kelly K.</i>	
<b>Pilates</b> Studio A	9:00AM-10:00AM (Strength) <i>Taya H.</i>	8:00AM-8:50AM (Strength) <i>Charlie D.</i>		8:00AM-8:50AM (Strength) <i>Charlie D.</i>	8:00AM-8:50AM (Strength) <i>Taya H.</i>		

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Barre Class</b> Studio B	9:05AM-10:00AM (Mind & Body) <i>Lara T.</i>				9:05AM-10:00AM (Mind & Body) <i>Lara T.</i>		
<b>Les Mills BODYCOMBAT</b> Studio B	10:15AM-11:15AM (Cardio) <i>Lara T.</i>	10:15AM-11:15AM (Cardio) <i>Charlie D.</i>		10:15AM-11:15AM (Cardio) <i>Charlie D.</i>			
<b>Yoga</b> Studio A	10:15AM-11:15AM (Mind & Body) <i>Bonnie V.</i>				10:15AM-11:15AM (Mind & Body) <i>Rosemary V.</i>		
<b>Chair Yoga</b> Studio B	11:30AM-12:30PM (Mind & Body) <i>Sucharita B.</i>						
<b>Prime Time</b> Studio A	11:30AM-12:30PM (Active Older Adults) <i>Melissa B.</i>	9:00AM-10:00AM (Active Older Adults) <i>Tom C.</i>		9:00AM-10:00AM (Active Older Adults) <i>Tom C.</i>	11:30AM-12:30PM (Active Older Adults) <i>Melissa B.</i>		
<b>Breathwork</b> Studio B	12:45PM-2:00PM (Mind & Body) <i>Sucharita B.</i>						
<b>Sit-N-Fit</b> Studio A	1:00PM-2:00PM (Active Older Adults) <i>Tom C.</i>  2:15PM-3:15PM (Active Older Adults) <i>Melissa B.</i>		1:00PM-2:00PM (Active Older Adults) <i>Tom C.</i>		1:00PM-2:00PM (Active Older Adults) <i>Tom C.</i>		
<b>Yoga</b> Studio B	6:30PM-7:30PM (Mind & Body) <i>Rosemary V.</i>		7:50AM-8:50AM (Mind & Body) <i>Sucharita B.</i>			11:00AM-12:15PM (Mind & Body) <i>Rosemary V.</i>	
<b>Zumba</b> Studio A	6:30PM-7:30PM (Dance) <i>Kristen Q.</i>		10:15AM-11:15AM (Dance) <i>Janet T.</i>  6:30PM-7:30PM (Dance) <i>Kristen Q.</i>			7:45AM-8:45AM (Dance) <i>Janet T.</i>	
<b>Les Mills Sprint</b> Studio V		6:00AM-6:30AM (Interval Training) <i>Karen K.</i>  5:45PM-6:15PM (Interval Training) <i>Leigh M.</i>		6:00AM-6:30AM (Interval Training) <i>Karen K.</i>  5:45PM-6:15PM (Interval Training) <i>Marilu G.</i>		8:45AM-9:15AM (Interval Training) <i>Leigh M.</i>	
<b>Grit Strength</b> The Box		9:00AM-9:30AM (Strength) <i>Charlie D.</i>		9:00AM-9:30AM (Strength) <i>Charlie D.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b> The Box		9:30AM-10:00AM (Mind & Body) <i>Charlie D.</i>		9:30AM-10:00AM (Mind & Body) <i>Charlie D.</i>			
<b>Neuro Cycle</b> Studio V		10:30AM-11:30AM (Specialty) <i>Tom C.</i>		10:30AM-11:30AM (Specialty) <i>Tom C.</i>			
<b>Dance Trance</b> Studio A		11:30AM-12:30PM (Dance) <i>Candace S.</i>		11:30AM-12:30PM (Dance) <i>Sara M.</i>			
<b>Les Mills BODYCOMBAT</b> Studio A		5:15PM-6:00PM (Cardio) <i>Charlie D.</i>				10:15AM-11:15AM (Cardio) <i>Lara T.</i>	10:15AM-11:15AM (Cardio) <i>Lara T.</i>
<b>Hard Core</b> Studio A		6:40PM-7:10PM (Strength) <i>Charlie D.</i>					
<b>Les Mills BODYPUMP HEAVY</b> Studio A			5:30AM-6:30AM (Les Mills) <i>Marilu G.</i>				
<b>Step</b> Studio B			9:00AM-10:00AM (Cardio) <i>Barbara K.</i>				
<b>Power Cycle</b> Studio V			9:15AM-10:00AM (Spinning) <i>Lara T.</i>	9:15AM-10:00AM (Spinning) <i>Lara T.</i>			9:15AM-10:00AM (Spinning) <i>Lara T.</i>
<b>Les Mills BodyAttack</b> Studio B			10:15AM-11:15AM (Cardio) <i>Lara T.</i>				
<b>Gentle Yoga</b> Studio A			11:30AM-12:30PM (Mind & Body) <i>Jacqueline H.</i>	12:45PM-1:45PM (Mind & Body) <i>Sucharita B.</i>			
<b>Pilates</b> Studio B			5:30PM-6:30PM (Strength) <i>Lara T.</i>			9:00AM-9:50AM (Strength) <i>Janet T.</i>	
<b>Les Mills Shapes</b> Studio B				8:00AM-8:50AM (Les Mills) <i>Janet T.</i>		10:00AM-10:50AM (Les Mills) <i>Janet T.</i>	
<b>Les Mills BodyCombat</b> Studio A				5:15PM-6:00PM (Les Mills) <i>Lara T.</i>			
<b>Sculpt</b> Studio A				6:05PM-6:35PM (Strength) <i>Lara T.</i>			
<b>Core Burn</b> Studio A				6:40PM-7:10PM (Strength) <i>Lara T.</i>			

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Les Mills BodyBalance</b> Studio B					7:00AM-8:00AM (Les Mills) <i>Karen K.</i>		11:30AM-12:30PM (Les Mills) <i>Jude B.</i>
<b>Les Mills BodyCombat</b> Studio B					10:15AM-11:15AM (Les Mills) <i>Lara T.</i>		
<b>Step &amp; Sculpt</b> Studio B						7:45AM-8:45AM (Cardio) <i>Carolyn B.</i>	
<b>Les Mills BodyAttack</b> Studio A						11:15AM-12:00PM (Cardio) <i>Lara T.</i>	
<b>Step &amp; Sculpt</b> Studio A							12:30PM-1:30PM (Cardio) <i>Carolyn B.</i>