



Punta Gorda YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills BODYPUMP Group Ex Studio	6:45AM-7:45AM (Strength) <i>Rebecca K.</i>	8:15AM-9:15AM (Strength) <i>Lisa H.</i> 5:45PM-6:45PM (Strength) <i>Christine O.</i>	6:45AM-7:45AM (Strength) <i>Rebecca K.</i>	8:15AM-9:15AM (Strength) <i>Mitzi M.</i>	6:45AM-7:45AM (Strength) <i>Rebecca K.</i>	8:15AM-9:15AM (Strength) <i>Deb G.</i>	
Pure Strength PT Studio	7:00AM-8:00AM (Interval Training) <i>Michele M.</i>		7:00AM-8:00AM (Interval Training) <i>Michele M.</i>		7:00AM-8:00AM (Interval Training) <i>Michele M.</i>		
Spinning Spin Studio	8:15AM-9:15AM (Spinning) <i>Mike R.</i>		8:15AM-9:15AM (Spinning) <i>Mike R.</i>		8:15AM-9:15AM (Spinning) <i>Heather K.</i>		
H.I.I.T PT Studio	8:15AM-9:15AM (Interval Training) <i>Heather K.</i>		8:15AM-9:15AM (Interval Training) <i>Laurie S.</i>		8:15AM-9:15AM (Interval Training) <i>Cyndi B.</i>	8:15AM-9:15AM (Interval Training) <i>Michele M.</i>	
Total Body Sculpt Group Ex Studio	8:15AM-9:15AM (Strength) <i>Wendy R.</i>				9:30AM-10:30AM (Strength) <i>Wendy R.</i>		
Active Older Adult - Advance Group Ex Studio	9:30AM-10:30AM (Strength) <i>Deb G.</i>		9:30AM-10:30AM (Strength) <i>Deb G.</i>				
Pilates Burnt Store Presbyterian Church	9:30AM-10:30AM (Strength) <i>marie v.</i>						
Spinning Spin Studio	9:30AM-10:30AM (Spinning) <i>Heather K.</i>	8:15AM-9:15AM (Spinning) <i>Nanette F.</i>		8:15AM-9:15AM (Spinning) <i>Nanette F.</i>	9:30AM-10:30AM (Spinning) <i>Cyndi B.</i>		
Pedaling For Parkinson's Spin Studio	10:45AM-11:45AM (Specialty) <i>Cyndi B.</i>		10:45AM-11:45AM (Specialty) <i>Cyndi B.</i>				
Zumba Gold Group Ex Studio	10:45AM-11:45AM (Cardio) <i>Robert G.</i>		10:45AM-11:45AM (Cardio) <i>Robert G.</i>			9:30AM-10:30AM (Cardio) <i>Robert G.</i>	
Enhance Silver PT Studio	1:00PM-2:00PM (Specialty) <i>Christy B.</i>		1:00PM-2:00PM (Specialty) <i>Christy B.</i>		1:00PM-2:00PM (Specialty) <i>Christy B.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhance Gold PT Studio	2:30PM-3:30PM (Specialty) <i>Terri H.</i>		2:30PM-3:30PM (Specialty) <i>Terri H.</i>				
Les Mills BODYSTEP Group Ex Studio	5:45PM-6:45PM (Cardio) <i>Christine O.</i>						
Les Mills Core Group Ex Studio		6:00AM-6:30AM (Strength) <i>Jodi M.</i>		6:00AM-6:30AM (Strength) <i>Jodi M.</i>			
Les Mills BodyBalance Group Ex Studio		6:45AM-7:45AM (Stretch) <i>Nanette F.</i>		6:45AM-7:45AM (Stretch) <i>Nanette F.</i>			
Les Mills RPM Spin Studio		9:30AM-10:30AM (Cardio) <i>Fran D.</i>		9:30AM-10:30AM (Cardio) <i>Fran D.</i>			
Pilates Group Ex Studio		9:30AM-10:30AM (Strength) <i>Mitzi M.</i>		9:30AM-10:30AM (Strength) <i>Mitzi M.</i>			
Relaxing Yoga Group Ex Studio		10:45AM-11:45AM (Mind & Body) <i>Donnamarie Y.</i>					
Active Adult Classic Group Ex Studio		12:00PM-1:00PM (Specialty) <i>Ethie K.</i>		12:00PM-1:00PM (Specialty) <i>Ethie K.</i>			
Rock Steady Boxing (\$) PT Studio		1:15PM-2:45PM (Specialty) <i>Tabatha S.</i>		1:15PM-2:45PM (Specialty) <i>Tabatha S.</i>			
Dynamic Dance Group Ex Studio			8:15AM-9:15AM (Dance) <i>Margaret G.</i>				
H.I.I.T Spin Spin Studio			9:30AM-10:30AM (Specialty) <i>Laurie S.</i>			9:30AM-10:30AM (Specialty) <i>Wendy R.</i>	
Healthy Bones Yoga Group Ex Studio			4:00PM-5:00PM (Mind & Body) <i>Nancy O.</i>				
Cardio Boxing Group Ex Studio			5:45PM-6:45PM (Specialty) <i>Randy J.</i>				
Chair Yoga Burnt Store Presbyterian Church				9:15AM-10:00AM (Mind & Body) <i>Nancy O.</i>			

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Yoga @ BSPC Burnt Store Presbyterian Church				10:15AM-11:15AM (Mind & Body) <i>Donnamarie Y.</i>			
Gentle Yoga Group Ex Studio				10:45AM-11:45AM (Mind & Body) <i>Anne R.</i>			
Les Mills BODYCOMBAT Group Ex Studio				5:45PM-6:45PM (Cardio) <i>Christine O.</i>			
Soul Fusion Group Ex Studio					8:15AM-9:15AM (Strength) <i>Laurie S.</i>		
Zumba Group Ex Studio					10:45AM-11:45AM (Dance) <i>Robert G.</i>		
Yoga Group Ex Studio					12:00PM-12:45PM (Mind & Body) <i>Nanette F.</i>	10:45AM-11:45AM (Mind & Body) <i>Melissa T.</i>	
\$\$ Les Mills Hybrid Class (Pump/Balance) \$\$ Group Ex Studio						12:00PM-1:30PM (Les Mills) <i>Nanette F.</i>	