



Sarasota City YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Studio A	5:45AM-6:45AM (Cardio) <i>Jules R.</i>		5:45AM-6:45AM (Cardio) <i>Jules R.</i>		5:45AM-6:45AM (Cardio) <i>Steven B.</i>		
Les Mills Core (Virtual) Studio V	7:00AM-7:45AM (Les Mills) <i>virtual</i>		7:00AM-7:45AM (Les Mills) <i>virtual</i>		7:00AM-7:45AM (Les Mills) <i>virtual</i>		
Les Mills BODYPUMP Studio A	9:00AM-10:00AM (Strength) <i>Trudi M.</i>	5:30AM-6:30AM (Strength) <i>Kimberly O.</i>	9:00AM-10:00AM (Strength) <i>Steve P.</i> 5:30PM-6:15PM (Strength) <i>Marilyn G.</i>	5:30AM-6:30AM (Strength) <i>Kimberly O.</i>	9:00AM-10:00AM (Strength) <i>Janet T.</i>		
Dance Trance Studio B	10:15AM-11:15AM (Dance) <i>Maria M.</i>				10:15AM-11:15AM (Dance) <i>Sara M.</i>		
Sit-N-Fit Studio A	11:30AM-12:15PM (Active Older Adults) <i>Jan S.</i>		11:30AM-12:15PM (Active Older Adults) <i>Jan S.</i>		11:30AM-12:15PM (Active Older Adults) <i>Jan B.</i>		
Les Mills BodyBalance Studio B	11:30AM-12:30PM (Les Mills) <i>Michelle C.</i>			7:45AM-8:45AM (Les Mills) <i>Val S.</i>	11:30AM-12:30PM (Les Mills) <i>Val S.</i>		
Les Mills The Trip Studio V		7:00AM-7:45AM (Les Mills) <i>virtual</i>		7:00AM-7:45AM (Les Mills) <i>virtual</i>			
Les Mills Shapes Studio A		8:00AM-8:45AM (Les Mills) <i>Janet B.</i>		8:00AM-8:45AM (Les Mills) <i>Christine W.</i>			
Cycle Studio V		8:00AM-9:00AM (Cardio) <i>Peter R.</i>		8:00AM-9:00AM (Cardio) <i>Jan B.</i>			
Les Mills BODYCOMBAT Studio V		9:00AM-9:45AM (Cardio) <i>virtual</i>		9:00AM-9:45AM (Cardio) <i>Virtual</i>			
Yoga Fusion Studio B		9:00AM-10:00AM (Mind & Body) <i>Janet B.</i>					

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Les Mills Core Studio A		9:45AM-10:15AM (Strength) <i>Carolyn C.</i>		9:45AM-10:15AM (Strength) <i>Carolyn C.</i>		8:50AM-9:20AM (Strength) <i>Joyce S.</i>	
TRX Studio B		10:15AM-11:15AM (Strength) <i>Lawrence M.</i>		10:15AM-11:15AM (Strength) <i>Lawrence M.</i>			9:30AM-10:30AM (Strength) <i>Lawrence M.</i>
Neuro Cycle Studio V		10:15AM-11:45AM (Specialty) <i>Jan B.</i>		10:15AM-11:45AM (Specialty) <i>Jan B.</i>			
Tai Chi Studio B		11:30AM-12:30PM (Mind & Body) <i>Gina S.</i>		11:30AM-12:30PM (Mind & Body) <i>Gina S.</i>			
Les Mills BODYPUMP Studio V		12:15PM-1:15PM (Strength) <i>virtual</i>		12:15PM-1:15PM (Strength) <i>virtual</i>			
Yoga Studio A		5:30PM-6:30PM (Mind & Body) <i>Nicole U.</i>		5:30PM-6:30PM (Mind & Body) <i>Felipe C.</i>			
Les Mills RPM Studio V		5:30PM-6:15PM (Cardio) <i>Susan K.</i>		5:30PM-6:15PM (Cardio) <i>Susan K.</i>			
Sculpt Studio A			7:45AM-8:30AM (Strength) <i>Jan B.</i>		7:45AM-8:30AM (Strength) <i>Janet T.</i>		
Strength Development Studio V			9:00AM-9:45AM (Strength) <i>Jude B.</i>				
Pure Core Studio B			9:00AM-10:00AM (Strength) <i>Jan B.</i>				
WERQ Studio B			10:15AM-11:15AM (Dance) <i>Alicia G.</i>	6:00PM-7:00PM (Dance) <i>Isabelle B.</i>			
Prime Time Studio A			10:15AM-11:15AM (Active Older Adults) <i>Jan B.</i>		10:15AM-11:15AM (Active Older Adults) <i>Jan B.</i>		
Gentle Yoga Studio B			1:00PM-2:00PM (Mind & Body) <i>Jacqueline H.</i>				
Dance Trance Studio A			6:30PM-7:30PM (Dance) <i>Carissa P.</i>			10:30AM-11:30AM (Dance) <i>Candace S.</i>	11:30AM-12:30PM (Dance) <i>Candace S.</i>

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Pilates Studio B				9:00AM-10:00AM (Strength) <i>Janet B.</i>		8:00AM-9:00AM (Strength) <i>Val S.</i>	
Yoga Studio B					9:00AM-10:00AM (Mind & Body) <i>Steve P.</i> 1:00PM-2:00PM (Mind & Body) <i>Val S.</i>	10:05AM-11:15AM (Mind & Body) <i>Janet B.</i>	
Strength Development Studio A						8:00AM-8:45AM (Strength) <i>Jude B.</i>	
Les Mills Shapes Studio B						9:15AM-10:00AM (Les Mills) <i>Janet B.</i>	
Les Mills BodyCombat Studio A						9:25AM-10:10AM (Les Mills) <i>Michelle C.</i>	
Les Mills BodyBalance Studio A							10:15AM-11:15AM (Les Mills) <i>Steve P.</i>