



## Sarasota City YMCA | March 30th - April 5th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 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>Natalia C.</i>		
<b>Les Mills Core (Virtual)</b> 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>		
<b>Sculpt</b> Studio A	7:45AM-8:30AM (Strength) <i>Jan B.</i>		7:45AM-8:30AM (Strength) <i>Jan B.</i>		7:45AM-8:30AM (Strength) <i>Janet T.</i>		
<b>Pure Core</b> Studio B	9:00AM-10:00AM (Strength) <i>Jan B.</i>		9:00AM-10:00AM (Strength) <i>Jan B.</i>				
<b>Les Mills BODYPUMP</b> Studio A	9:00AM-10:00AM (Strength) <i>Joyce S.</i>  5:30PM-6:15PM (Strength) <i>Trudi M.</i>	5:30AM-6:30AM (Strength) <i>Marilyn G.</i>	9:00AM-10:00AM (Strength) <i>Steve P.</i>  5:30PM-6:15PM (Strength) <i>Trudi M.</i>	5:30AM-6:30AM (Strength) <i>Kimberly O.</i>	9:00AM-10:00AM (Strength) <i>Janet T.</i>		
<b>Dance Trance</b> Studio B	10:15AM-11:15AM (Dance) <i>Sara M.</i>				10:15AM-11:15AM (Dance) <i>Candace S.</i>		
<b>Prime Time</b> Studio A	10:15AM-11:15AM (Active Older Adults) <i>Jan S.</i>		10:15AM-11:15AM (Active Older Adults) <i>Mark G.</i>		10:15AM-11:15AM (Active Older Adults) <i>Jan B.</i>		
<b>Les Mills BodyBalance</b> Studio B	11:30AM-12:30PM (Les Mills) <i>Jude B.</i>			7:45AM-8:45AM (Les Mills) <i>Val S.</i>	11:30AM-12:30PM (Les Mills) <i>Val S.</i>		
<b>Sit-N-Fit</b> Studio A	11:30AM-12:15PM (Active Older Adults) <i>Jan S.</i>		11:30AM-12:15PM (Active Older Adults) <i>Mark G.</i>		11:30AM-12:15PM (Active Older Adults) <i>Jan B.</i>		
<b>Gentle Yoga</b> Studio B	1:00PM-2:00PM (Mind & Body) <i>Nicole U.</i>		1:00PM-2:00PM (Mind & Body) <i>Jacqueline H.</i>				

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<b>Dance Trance</b> Studio A	6:30PM-7:30PM (Dance) <i>Carissa P.</i>		6:30PM-7:30PM (Dance) <i>Carissa P.</i>			10:30AM-11:30AM (Dance) <i>Sara M.</i>  11:30AM-12:30PM (Dance) <i>Sara M.</i>	
<b>Les Mills The Trip</b> Studio V		7:00AM-7:45AM (Les Mills) <i>virtual</i>		7:00AM-7:45AM (Les Mills) <i>virtual</i>			
<b>Cycle</b> Studio V		8:00AM-9:00AM (Cardio) <i>Kim K.</i>		8:00AM-9:00AM (Cardio) <i>Jan B.</i>			
<b>Les Mills Shapes</b> Studio A		8:00AM-8:45AM (Les Mills) <i>Janet B.</i>		8:00AM-8:45AM (Les Mills) <i>Christine W.</i>			
<b>Yoga Fusion</b> Studio B		9:00AM-10:00AM (Mind & Body) <i>Janet B.</i>					
<b>Les Mills BodyCombat</b> Studio V		9:00AM-9:45AM (Les Mills) <i>VIRTUAL I.</i>		9:00AM-9:45AM (Les Mills) <i>VIRTUAL I.</i>			
<b>Les Mills Core</b> 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>Marilu G.</i>	
<b>Neuro Cycle</b> Studio V		10:15AM-11:45AM (Specialty) <i>Kim K.</i>		10:15AM-11:45AM (Specialty) <i>Jan B.</i>			
<b>TRX</b> 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>
<b>Step</b> Studio A		10:30AM-11:30AM (Cardio) <i>Jo-anna M.</i>		10:30AM-11:30AM (Cardio) <i>Carolyn B.</i>			
<b>Tai Chi</b> Studio B		11:30AM-12:30PM (Mind & Body) <i>Gina S.</i>		11:30AM-12:30PM (Mind & Body) <i>Gina S.</i>			
<b>Les Mills BODYPUMP</b> Studio V		12:15PM-1:15PM (Strength) <i>virtual</i>		12:15PM-1:15PM (Strength) <i>virtual</i>			
<b>Yoga</b> Studio A		5:30PM-6:30PM (Mind & Body) <i>Nicole U.</i>		5:30PM-6:30PM (Mind & Body) <i>Felipe C.</i>			
<b>Les Mills RPM</b> Studio V		5:30PM-6:15PM (Cardio) <i>Susan K.</i>		5:30PM-6:15PM (Cardio) <i>Susan K.</i>			

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<b>Strength Development</b> Studio V			9:00AM-9:45AM (Strength) <i>Jude B.</i>				
<b>WERQ</b> Studio B			10:15AM-11:15AM (Dance) <i>Isabelle B.</i>	6:00PM-7:00PM (Dance) <i>Isabelle B.</i>			
<b>Pilates</b> Studio B				9:00AM-10:00AM (Strength) <i>Janet B.</i>		8:00AM-9:00AM (Strength) <i>Val S.</i>	
<b>Hula</b> Studio B					7:45AM-8:45AM (Dance) <i>Hilary S.</i>		
<b>Yoga</b> 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>Jan B.</i>	
<b>Les Mills BODYPUMP HEAVY</b> Studio V					5:30PM-6:30PM (Les Mills) <i>Marilu G.</i>		
<b>Strength Development</b> Studio A						8:00AM-8:45AM (Strength) <i>Marilu G.</i>	
<b>Les Mills Shapes</b> Studio B						9:15AM-10:00AM (Les Mills) <i>Christine W.</i>	
<b>Les Mills BodyCombat</b> Studio A						9:25AM-10:10AM (Les Mills) <i>Marilu G.</i>	
<b>Les Mills BodyBalance</b> Studio A							10:15AM-11:15AM (Les Mills) <i>Steve P.</i>