



## Venice YMCA | April 27th - May 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>YMCA 360-Muscle Pump</b> Studio B	6:15AM-7:00AM (Strength) <i>VIRTUAL I.</i>		6:15AM-7:00AM (Strength) <i>VIRTUAL I.</i>				
<b>Small Group PT with Natalia (\$)</b> MYZONE Studio	7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		7:30AM-8:30AM (Small Group Personal Training) <i>Natalia G.</i>		
<b>Active Adults</b> Studio B	7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		7:45AM-8:40AM (Active Older Adults) <i>Susan D.</i>		
<b>Free Motion (\$)</b> Free Motion Area	8:00AM-8:45AM (Specialty) <i>Tom C.</i>				8:00AM-8:45AM (Specialty) <i>Christina T.</i>		
<b>BoneFit Specialty (\$)</b> Studio C	8:45AM-9:45AM (Specialty) <i>Jean B.</i>  11:45AM-12:45PM (Specialty) <i>Jean B.</i>						
<b>MYZONE (\$)</b> MYZONE Studio	9:00AM-10:00AM (Specialty) <i>Tosha T.</i>			9:00AM-10:00AM (Specialty) <i>Tosha T.</i>			
<b>Pilates Reformer INTERMEDIATE (\$)</b> Pilates Reformer Studio	9:00AM-9:50AM (Specialty) <i>Natalia G.</i>			8:00AM-8:50AM (Specialty) <i>Natalia G.</i>			
<b>Les Mills BODYPUMP</b> Studio B	9:00AM-9:45AM (Strength) <i>Leslie C.</i>	7:45AM-8:45AM (Strength) <i>Lenka G.</i>	9:00AM-9:45AM (Strength) <i>Leslie C.</i>  5:30PM-6:30PM (Strength) <i>Lenka G.</i>		9:00AM-9:45AM (Strength) <i>Leslie C.</i>		
<b>Spinning</b> Cycle Studio	9:00AM-9:55AM (Spinning) <i>Kelly L.</i>  6:00PM-6:55PM (Spinning) <i>Dana T.</i>	9:00AM-9:55AM (Spinning) <i>Kelly L.</i>	9:00AM-9:55AM (Spinning) <i>Mark F.</i>  6:00PM-6:55PM (Spinning) <i>Dana T.</i>	9:00AM-9:55AM (Spinning) <i>Kelly L.</i>	9:00AM-9:55AM (Spinning) <i>Jean B.</i>	8:00AM-8:45AM (Spinning) <i>Nicole R.</i>  9:00AM-9:55AM (Spinning) <i>Valerie B.</i>	9:00AM-9:55AM (Spinning) <i>Nicole R.</i>

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>BodyShred</b> Studio A	9:15AM-10:00AM (Strength) <i>Eva M.</i>						
<b>Les Mills BodyBalance</b> Studio B	10:00AM-10:45AM (Stretch) <i>Leslie C.</i>		10:00AM-10:45AM (Stretch) <i>Leslie C.</i>		10:00AM-10:45AM (Stretch) <i>Leslie C.</i>		
<b>Sculpt and Stretch</b> Studio C	10:00AM-10:45AM (Strength) <i>Kathy M.</i>		10:00AM-10:45AM (Strength) <i>Kathy M.</i>				
<b>Pilates Reformer BEGINNER (\$)</b> Pilates Reformer Studio	10:00AM-10:50AM (Specialty) <i>Natalia G.</i>	8:00AM-8:50AM (Specialty) <i>Natalia G.</i>		10:00AM-10:50AM (Specialty) <i>Natalia G.</i>			
<b>Vinyasa Flow Yoga</b> Studio A	10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>		10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>				
<b>Pedaling For Parkinson's</b> Cycle Studio	10:30AM-11:30AM (Specialty) <i>Jean B.</i>				10:30AM-11:30AM (Specialty) <i>Jean B.</i>		
<b>Abs Express</b> Studio C	11:00AM-11:30AM (Strength) <i>Judy F.</i>		11:00AM-11:30AM (Strength) <i>Judy F.</i>				
<b>Zumba</b> Studio B	11:00AM-11:55AM (Dance) <i>Charlotte C.</i>		11:00AM-11:55AM (Dance) <i>Charlotte C.</i>			8:00AM-8:45AM (Dance) <i>Charlotte C.</i>	
<b>Chair Yoga</b> Studio A	11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		11:45AM-12:30PM (Mind & Body) <i>Stacey N.</i>		
<b>4EvaFITw/Lucia - SMG PT (\$)</b> Free Motion Area	12:30PM-1:30PM (Small Group Personal Training) <i>Lucia E.</i>		12:00PM-1:00PM (Small Group Personal Training) <i>Lucia E.</i>		12:30PM-1:30PM (Small Group Personal Training) <i>Lucia E.</i>		
<b>Seniors in Motion</b> Studio A	12:45PM-1:30PM (Active Older Adults) <i>Sherry B.</i>		12:45PM-1:30PM (Active Older Adults) <i>Sherry B.</i>		12:45PM-1:30PM (Active Older Adults) <i>Stanene H.</i>		10:00AM-10:55AM (Active Older Adults) <i>Sherry B.</i>
<b>Fit Vet Program</b> Studio C	1:00PM-2:00PM (Specialty) <i>Tosha T.</i>	1:00PM-2:00PM (Specialty) <i>Christina T.</i>		1:00PM-2:00PM (Specialty) <i>Tosha T.</i>			
<b>Pilates Mat</b> Studio B	4:00PM-4:45PM (Mind & Body) <i>Jamisque B.</i>		4:00PM-4:45PM (Mind & Body) <i>Jamisque B.</i>		4:00PM-4:45PM (Mind & Body) <i>Jamisque B.</i>		
<b>Strength Power Hour</b> Studio B	5:15PM-6:15PM (Strength) <i>Kelly L.</i>			7:45AM-8:45AM (Strength) <i>Kelly L.</i>			

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<b>Taekwondo (\$)</b> Studio A	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>	5:00PM-6:00PM (Specialty) <i>Adriana C.</i>	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>	5:00PM-6:00PM (Specialty) <i>Adriana C.</i>	5:30PM-7:00PM (Specialty) <i>Adriana C.</i>		
<b>Yin Yoga</b> Studio C	6:00PM-6:55PM (Mind & Body) <i>Jeanette C.</i>		6:00PM-6:55PM (Mind & Body) <i>Jeanette C.</i>				
<b>Stronger Together: Small Group PT</b> MYZONE Studio		7:00AM-7:45AM (Specialty) <i>Seth R.</i>	9:00AM-9:45AM (Specialty) <i>Josh C.</i>	7:00AM-8:45AM (Specialty) <i>Seth R.</i>	9:00AM-9:45AM (Specialty) <i>Josh C.</i>	7:30AM-8:15AM (Specialty) <i>Seth R.</i>	
<b>TRX (\$)</b> Studio C		7:15AM-8:00AM (Specialty) <i>Eva M.</i>	9:00AM-9:45AM (Specialty) <i>Jeanette C.</i>				
<b>StretchFIT</b> Studio A		8:00AM-8:55AM (Active Older Adults) <i>Susan D.</i>		8:00AM-8:55AM (Active Older Adults) <i>Susan D.</i>			
<b>Yoga</b> Studio C		8:00AM-8:45AM (Mind & Body) <i>Jan B.</i>		8:00AM-8:45AM (Mind & Body) <i>Jan B.</i>			
<b>ForeverFit</b> Studio B		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>		9:00AM-9:45AM (Active Older Adults) <i>Jan B.</i>	
<b>Pilates Mat</b> Studio C		9:00AM-9:50AM (Mind & Body) <i>Judy F.</i>	8:00AM-8:50AM (Mind & Body) <i>Judy F.</i>	9:00AM-9:50AM (Mind & Body) <i>Kathy M.</i>			
<b>Step</b> Studio B		10:00AM-10:45AM (Cardio) <i>Judy H.</i>		10:00AM-10:45AM (Cardio) <i>Judy H.</i>		10:00AM-10:45AM (Cardio) <i>Judy H.</i>	
<b>Body Works</b> Studio C		10:00AM-10:50AM (Strength) <i>Jan B.</i>		10:00AM-10:50AM (Strength) <i>Judy F.</i>			
<b>Rock Steady Boxing (\$)</b> Studio A		10:30AM-12:00PM (Specialty) <i>Adriana C.</i>		10:30AM-12:00PM (Specialty) <i>Tosha T.</i>			
<b>Cardio Drumming</b> Studio B		11:00AM-11:45AM (Cardio) <i>Charlotte C.</i>		11:00AM-11:45AM (Cardio) <i>Charlotte C.</i>			9:00AM-9:45AM (Cardio) <i>Charlotte C.</i>
<b>Strength Explosion</b> Studio C		11:15AM-12:00PM (Strength) <i>Judy H.</i>		11:15AM-12:00PM (Strength) <i>Judy H.</i>		11:15AM-12:00PM (Strength) <i>Judy H.</i>	
<b>Barre Class</b> Studio B		12:00PM-12:55PM (Mind & Body) <i>Natalia G.</i>		12:00PM-12:55PM (Mind & Body) <i>Natalia G.</i>			

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<b>Balance For Fitness</b> Studio A		12:45PM-1:30PM (Active Older Adults) <i>Leslie C.</i>		12:45PM-1:30PM (Active Older Adults) <i>Leslie C.</i>			
<b>Line Dancing IMPROVER</b> Studio B		1:15PM-2:15PM (Dance) <i>Bonnie J.</i>					
<b>Chair Pilates</b> Studio A		1:45PM-2:30PM (Mind & Body) <i>Stanene H.</i>		1:45PM-2:30PM (Mind & Body) <i>Stanene H.</i>			
<b>Zumba Toning</b> Studio B		4:30PM-5:15PM (Dance) <i>Christine P.</i>		4:30PM-5:15PM (Dance) <i>Christine P.</i>			
<b>Les Mills BODYCOMBAT</b> Studio B		5:30PM-6:25PM (Cardio) <i>Rene S.</i>					
<b>Pilates Reformer FULL BODY (\$)</b> Pilates Reformer Studio			9:00AM-9:50AM (Specialty) <i>Tamara S.</i>		9:00AM-9:50AM (Specialty) <i>Tamara S.</i>	8:00AM-8:50AM (Specialty) <i>Tamara S.</i>	
<b>Slow Flow Yoga</b> Studio B			12:00PM-12:55PM (Mind & Body) <i>Anna M.</i>				
<b>Line Dancing</b> Studio B			1:30PM-2:30PM (Dance) <i>Bonnie J.</i>	1:15PM-2:15PM (Dance) <i>Bonnie J.</i>			
<b>Pilates Reformer ADVANCED (\$)</b> Pilates Reformer Studio				7:00AM-7:50AM (Specialty) <i>Natalia G.</i>			
<b>Les Mills BodyAttack/BodyCombat</b> Studio B				5:30PM-6:25PM (Cardio) <i>Rene S.</i>			
<b>Les Mills BODYPUMP HEAVY</b> Studio B				6:30PM-7:30PM (Les Mills) <i>Lenka G.</i>			
<b>Zumba</b> Studio A					8:00AM-8:55AM (Dance) <i>Christine P.</i>		
<b>BodyShred</b> Studio C					9:15AM-10:15AM (Strength) <i>Eva M.</i>		
<b>Mat Chair Yoga Fusion</b> Studio A					10:15AM-11:15AM (Mind & Body) <i>Stacey N.</i>		
<b>Yoga Flow</b> Studio C					10:30AM-11:30AM (Mind & Body) <i>Gini B.</i>		

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<b>CardioFit</b> Studio B					11:00AM-11:45AM (Cardio) <i>Jan B.</i>		
<b>Gentle Yoga</b> Studio B					12:00PM-12:55PM (Mind & Body) <i>Anna M.</i>		
<b>Yoga</b> Studio A						10:30AM-11:25AM (Mind & Body) <i>Jan B.</i>	
<b>Yoga for Strength</b> Studio B						11:00AM-12:00PM (Mind & Body) <i>Stacey N.</i>	
<b>Belly Dance</b> Studio B						3:30PM-4:30PM (Dance) <i>Jacque B.</i>	
<b>Yoga Flow</b> Studio B							11:00AM-12:15PM (Mind & Body) <i>Jan B.</i>