

Studio Schedule | Aug 8 - 14 (No changes to the pool schedule)

Book classes on your YWCA Health & Fitness mobile app!
No shows may be charged a \$10 fee.

August 1 and 2: One class booking per person per day (including Aqua classes).

DATE	TIME	CLASS	INSTRUCTOR	LOCATION
Sat Aug 8	9:15AM - 10:15AM	Dance Party	Johanna	Studio 1
	10:30AM - 11:30AM	YogaFlow	Marco	Studio 1
Sun Aug 9	9:15AM - 10:15AM	Tai Chi	Stuart	Studio 1
	10:30AM - 11:30AM	YogaFlow	Jenna	Studio 1
Mon Aug 10	5:15PM - 6:15PM	Hatha Yoga	Yankie	4th Floor
	12:15PM - 1:00PM	Strength & Cardio	Brano	Studio 1
	1:15PM - 2:00PM	Zumba	Kane	Studio 1
	5:15PM - 6:15PM	HIIT	Suzy	Studio 1
	6:30PM - 7:30PM	Zumba Toning	Maybelin	Studio 1
Tue Aug 11	12:15PM - 1:00PM	Power Yoga	Elika	4th Floor
	4:15PM - 5:00PM	YogaFlow	Susan	4th Floor
	5:15PM - 6:15PM	Core & Stretch	Chris	4th Floor
	6:30PM - 7:30PM	Beginner Karate	Hamid	4th Floor
	7:30PM - 8:30PM	Advanced Karate \$	Hamid	4th Floor
	12:15PM - 1:00PM	Strength & Cardio	Josh	Studio 1
	1:15PM - 2:00PM	Floor Barre & Stretch	Johanna & Ariel	Studio 1
	5:15PM - 6:15PM	DanceFit	Johanna & Donna	Studio 1
	6:30PM - 7:30PM	HIIT	Samy	Studio 1

\$ - Fees apply

DATE	TIME	CLASS	INSTRUCTOR	LOCATION
Wed Aug 12	5:15PM - 6:15PM	Pilates Fusion	Johanna	4th Floor
	7:30AM - 8:00AM	Strength Express	Brano	Studio 1
	11:15AM - 12:00PM	Pilates Mat	Hector	Studio 1
	12:15PM - 1:00PM	Step & Strength	Annie	Studio 1
	1:15PM - 2:00PM	Restorative Stretch	Jody	Studio 1
	5:15PM - 6:15PM	HIIT	Josh	Studio 1
Thu Aug 13	12:15PM - 1:00PM	Strength Total Body	Alesya	Studio 1
	1:15PM - 2:00PM	Jazz Cardio Dance	Suzy	Studio 1
	4:15PM - 5:00PM	Boxing Fitness	Leila	Studio 1
	5:15PM - 6:15PM	Zumba	Maybelin	Studio 1
	6:30PM - 7:30PM	HIIT	Brano	Studio 1
	5:15PM - 6:15PM	Core & Stretch	Chris	4th Floor
	6:30PM - 7:30PM	Functional Mobility \$	Chris	4th Floor
Fri Aug 14	12:15PM - 1:00PM	YogaFlow	Johanna	4th Floor
	5:15PM - 6:15PM	Yin & Meditation	Jillian	4th Floor
	7:30AM - 8:00AM	Strength Express	Johanna	Studio 1
	12:15PM - 1:00PM	Strength Total Body	Hector	Studio 1
	1:15PM - 2:00PM	Step	Annie	Studio 1
	5:15PM - 6:15PM	Zumba Toning	Alice	Studio 1
	6:30PM - 7:30PM	Beginner Karate	Hamid	Studio 1
	7:30PM - 8:30PM	Advanced Karate \$	Hamid	Studio 1

\$ - Fees apply