

D.A. Turner YMCA Group Fitness Schedule

OCTOBER, NOVEMBER, DECEMBER 2020

ROOM 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.	 LES MILLS CXWORX Annika		LES MILLS BODYPUMP Erica		LES MILLS BODYPUMP Andrea
9:00 a.m.		LES MILLS BODYPUMP Hannah	LES MILLS BODYCOMBAT Katie	LES MILLS BODYPUMP Lesley	
10:15 a.m.		LES MILLS SH'BAM Katie		LES MILLS SH'BAM Andie	LES MILLS CXWORX Judy
4:30 p.m.		LES MILLS BODYPUMP Jillian		LES MILLS BODYPUMP Kayla	
5:30 p.m.	LES MILLS CXWORX Andrea	POUND Taylor	LES MILLS BODYPUMP Candice P.	LES MILLS BODYCOMBAT Candice P.	
6:15 p.m.	LES MILLS SH'BAM Candice				

ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 a.m.		LES MILLS RPM Annika		LES MILLS sprint Josh	
9:00 a.m.	Yogalates Jean		YOGA Candice M.		LES MILLS RPM Cynthia
10:10 a.m.	LES MILLS RPM Lesley	 Classic Carmen	 Circuit Stephanie	 Classic Janice	
5:45 p.m.	LES MILLS sprint Rachel		LES MILLS RPM Annika		
6:30 p.m.		YOGA Ashley E.		YOGA Candice M.	

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 a.m.		 Aqua Fit Rita			 Aqua Fit Mailea

FACILITY HOURS

Monday - Thursday: 5:45AM - 8:00PM

Friday: 5:45AM - 7:00PM

Saturday: 8:00AM - 2:00PM

Sunday: 1:00PM - 5:00PM

CHILD WATCH HOURS

Monday - Thursday:

8:00AM - 11:00AM;

5:00PM - 7:45PM

Friday: 8:00AM - 11:00AM

Saturday: 8:00AM - 12:30PM