

Corona 2020 YMCA Group Exercise Schedule

Monday

5:15am	
8:30am	Body Transformation Anissa Studio A
9:30am	Zumba® Santee Gym
	Group Cycle Leslie Cycle Studio
10:30am	Strength Train Together® Allison Studio A
11:30am	
5:30pm	Strength Train Together® Dana Studio A
6:30pm	Group Cycle Dana Cycle Studio
6:45pm	Flow Yoga Cathy Studio A

Tuesday

5:15am	
8:30am	Boot Camp Allison Gym
9:30am	Zumba Toning® Santee Studio A
10:30am	Candlelight Yoga Myrna Studio A
	Aqua Mix Allison Pool
11:30am	
4:30pm	Strength Train Together® Erin Studio A
5:30pm	Zumba® Erin Studio A
6:30pm	

Wednesday

8:30am	Strength Train Together® Leslie Studio A
9:30am	Zumba® Noel Gym
10:30am	Flow Yoga Cathy Studio A
11:30am	
11:50am	Strength Train Together® Santee Studio A
4:30pm	
5:30pm	Cardio Kickboxing Stephanie Studio A
6:00pm	
6:30pm	Flow Yoga II Cathy Studio A

Thursday

5:15am	
8:30am	
9:30am	Aqua Zumba® Santee Pool
10:30am	Yoga with Support Claire Studio A
11:30am	
11:50am	
5:30pm	Cardio Blast Dana Studio A
6:30pm	
6:30pm	Strength Train Together® Stephanie Studio A

Friday

8:30am	Flow Yoga Cathy Studio A
9:30am	Zumba® Erin Gym
10:30am	Strength Train Together® Santee Studio A
11:30am	

Saturday

8:30am	
9:30am	Strength Train Together® Dana Studio A
10:30am	Zumba® Erin Studio A

Sunday

2:00pm	Yoga Faith Claire Studio A No childcare Available
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As new information develops, classes are scheduled to change. Thank you for your patience during this time.

