



June 24th - Sept 2024 Group Exercise Schedule Bayside Family YMCA

Studio Classes				
Monday	Tuesday	Wednesday	Thursday	Friday
	LES MILLS BODYPUMP Neta 6:00am	LES MILLS BODYATTACK Neta 6:00am	LES MILLS BODYPUMP Neta 6:00am	LES MILLS BODYBALANCE Neta 6:00am
	LES MILLS GRIT Daneë 9:00am			Strength & Conditioning Chris 8:30am
LES MILLS BODYPUMP Chris 9:30am		LES MILLS BODYPUMP Makenna 9:30am		LES MILLS BODYBALANCE Chris 9:30am
	ZUMBA Robyn 11:00am	LES MILLS BODYBALANCE Chris 10:40am	ZUMBA Robyn 11:00am	LES MILLS BODYPUMP Nikki 10:40am
Senior Strength 1 Eileen 11:50am		Senior Strength 1 Eileen 11:50am		Senior Strength 1 Eileen 11:50am
Senior Strength 2 Eileen 12:50pm		Senior Strength 2 Eileen 12:50pm	Chair Yoga Marie 12:10pm	Senior Strength 2 Eileen 12:50pm
	SilverSneakers Jean J. 1:30pm		SilverSneakers Jean J. 1:30pm	
LES MILLS BODYPUMP Sue 5:30pm	LES MILLS BODYCOMBAT Daneë 5:00pm	tone Makenna 5:30pm	LES MILLS BODYBALANCE Jean E. 5:00pm	LES MILLS BODYCOMBAT + Core Makenna 5:00pm
	LES MILLS BODYBALANCE Jean E 6:00pm	YOGA Ariadne 6:45pm	LES MILLS CORE Makenna 6:00pm	

Studio Classes	
Saturday	Sunday
LES MILLS BODYATTACK Neta 8:00am	
LES MILLS BODYPUMP Neta 9:00am	LES MILLS BODYBALANCE Jean E. 9:30am
LES MILLS BODYCOMBAT Daneë 10:00am	LES MILLS BODYPUMP Makenna 10:40am











Group Exercise Registration & Late Policy:

All participants must register for all classes

All participants will only be able to register for classes 24 hours in advance.

No one will be admitted into class after classes have completed the warm up.

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Cycle Studio Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			 Janette 6:30am			
					 Janette 7:15am	 Janette 7:15am
 Chris 8:30am		 Chris 8:30am		Yoga Sarah 8:15am		 Bob 8:30am
 Makenna 6:00pm		 Sue 6:30pm				

Gymnasium Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT Janette 6:30am		HIIT Janette 6:30am		HIIT Janette 6:30am		