Group Fitness Classes - Berkshire Family YMCA - Northern Berkshire Branch

WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am -	Cycling 6am - 7am	Cycling 6am - 7am		Cycling 6am - 7am	
7am -	Bodyweight Blast w/ Claire 7am - 7:40am				Bodyweight Blast w/ Claire 7am - 7:40am
8am -					
9am -					
10am					
11am -		Aqua Fit w/ Claire 11:20am - 12pm		Aqua Fit w/ Claire 11:20am - 12pm	
12pm -		Butts and Guts w/ Claire			
1pm -	Twinges in the Hinges w/ Nesta 1:10pm - 2:10pm	12:30pm - 1pm	Twinges in the Hinges w/ Nesta 1:10pm - 2:10pm		Twinges in the Hinges w/ Nesta 1:10pm - 2:10pm
2 p m					
3pm -					
4pm					
5 p m		Dance Fitness w/ Kares	Fit Fusion w/ Karon	Dance Fitness w/ Karsa	
6 p m -	Fit Fusion w/ Karen 5:30pm - 6:30pm	Dance Fitness w/ Karen 5:30pm - 6:30pm	Fit Fusion w/ Karen 5:30pm - 6:30pm	Dance Fitness w/ Karen 5:30pm - 6:30pm	