WATERTOWN FAMILY YMCA Cardio Studio FALL Schedule

7:45PM - 8:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL BODYPUMP 5:15AM - 6:00AM	VIRTUAL BODYATTACK 5:15AM – 6:00AM	VIRTUAL BODYPUMP 5:15AM - 6:15AM	VIRTUAL BODYCOMBAT 5:15AM - 6:00AM	VIRTUAL BODYPUMP 5:15AM - 6:00AM	VIRTUAL BODYPUMP 6:15AM - 7:00AM	VIRTUAL BODYPUMP 8:30AM - 9:15AM
VIRTUAL BODYATTACK 6:15AM – 7:00AM	VIRTUAL BODYPUMP 6:15AM - 7:00AM	VIRTUAL BODYATTACK 6:30AM – 7:00AM	VIRTUAL BODYPUMP 6:00AM - 6:45AM	VIRTUAL BODYCOMBAT 6:15AM - 7:00AM	VIRTUAL BODYCOMBAT 7:45AM – 8:15AM	VIRTUAL BODYCOMBA
VIRTUAL GRIT Cardio 7:10AM - 7:40AM	VIRTUAL BODYCOMBAT 7:30AM - 8:15AM	VIRTUAL GRIT Athletic 7:10AM – 7:40AM	VIRTUAL BODYATTACK 7:00AM – 7:45AM	VIRTUAL GRIT Strength 7:10AM – 7:40AM	ZUMBA 8:30AM - 9:30AM	9:30AM - 10:05AM VIRTUAL GRIT Cardio
Enhance Fitness 8:00AM - 9:00AM	BODYPUMP TM 8:30AM - 9:30AM	Enhance Fitness 8:00AM - 9:00AM	BODYPUMP TM 8:30AM - 9:30AM	Enhance Fitness 8:00AM - 9:00AM	VIRTUAL BODYATTACK 10:00AM – 10:45AM	10:15AM - 10:45AM American Kang Duk Wo Karate (Reserved)
LES MILLS TONETM 9:30AM - 10:30AM	Pilates 9:45AM - 10:45AM	Shine Dance Fitness 9:15AM - 10:15AM	Pilates and Barre Combo Class.	Tabata 9:15AM - 10:00AM	VIRTUAL BODYCOMBAT 11:00AM - 11:30AM	Registration Required 11:00AM – 1:00PM
Arthritis Foundation Exercise Program 11:00AM – 12:00PM	Silver Sneakers Classic 11:15AM - 12:15PM	Arthritis Foundation Exercise Program 11:00AM – 12:00PM	9:45AM - 10:45AM Silver Sneakers Classic	Silver Sneakers Classic 11:15AM – 12:15PM	VIRTUAL BODYPUMP 12:30PM – 1:15PM	VIRTUAL BODYPUMP 2:00PM - 2:45PM
VIRTUAL BODYPUMP 12:30PM – 1:30PM	VIRTUAL BODYCOMBAT 12:30PM – 1:00PM	VIRTUAL BODYPUMP 12:30PM – 1:30PM	11:15AM – 12:15PM VIRTUAL BODYCOMBAT 12:30PM – 1:00PM	VIRTUAL BODYPUMP 1:00PM - 1:45PM	VIRTUAL BODYCOMBAT 2:00PM - 2:45PM	VIRTUAL BODYCOMBAT 3:00PM - 3:45PM
VIRTUAL BODYCOMBAT 2:00PM - 2:45PM	VIRTUAL BODYATTACK 1:30PM - 2:00PM	VIRTUAL BODYPUMP 2:00PM – 2:45PM	VIRTUAL BODYCOMBAT 1:30PM - 2:00PM	VIRTUAL BODYATTACK 2:00PM – 2:45PM	American Kang Duk Won Karate (Reserved) Registration Required	VIRTUAL BODYATTACK 4:00PM – 4:30PM
VIRTUAL GRIT Strength 3:00PM – 3:30PM	VIRTUAL BODYPUMP 2:30PM – 3:00PM	VIRTUAL GRIT Cardio 3:00PM – 3:30PM	VIRTUAL BODYPUMP 2:30PM – 3:00PM	VIRTUAL GRIT Athletic 3:00PM – 3:30PM	2:00PM - 4:30PM	
VIRTUAL BODYATTACK 3:30PM – 4:00PM	ZUMBA 5:00PM - 6:00PM	Shine/Uplift 4:30PM - 5:30PM	Shine/Uplift 3:45PM - 4:45PM	VIRTUAL BODYPUMP 4:30PM - 5:15PM		
BODYPUMP™ 4:30PM - 5:30PM	American Kang Duk Won Karate (Reserved) Registration Required	VIRTUAL DANCE 5:45PM – 6:30PM	LES MILLS TONE TM 5:15PM - 6:00PM	VIRTUAL CORE 30 Mins 5:30PM - 6:00PM		
Valor Cheer Team 6:00PM - 8:00PM	6:30PM - 8:00PM VIRTUAL BODYPUMP 8:15PM - 8:45PM	Starts November 17th Line Dancing Registration Required 5:45PM – 6:45PM	American Kang Duk Won Karate (Reserved) Registration Required	American Kang Duk Won Karate (Reserved) Registration Required 6:30PM – 8:00PM		
VIRTUAL BODYATTACK 8:15PM – 8:45PM		VIRTUAL GRIT Cardio 7:00PM - 7:30PM	6:30PM - 8:00PM VIRTUAL BODYPUMP 8:15PM - 8:45PM	VIRTUAL BODYCOMBAT 8:15PM - 8:45PM		
		VIRTUAL BODYPUMP			LI	VE CLASS

WATERTOWN FAMILY YMCA Spin Studio FALL Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL RPM	Indoor Cycling ICG	VIRTUAL RPM	VIRTUAL SPRINT	Indoor Cycling ICG	VIRTUAL RPM	VIRTUAL RPM
5:30AM – 6:00AM	5:15AM - 6:00AM	5:30AM - 6:20AM	5:30AM - 6:00AM	5:15AM – 6:15AM	6:30AM - 7:00AM	8:30AM - 9:00AM
VIRTUAL THE TRIP	VIRTUAL RPM	VIRTUAL THE TRIP	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL SPRINT	VIRTUAL RPM
6:30AM – 7:15AM	6:30AM - 7:00AM	6:30AM - 7:15AM	6:30AM - 7:00AM	6:30AM - 7:00AM	7:30AM – 8:00AM	10:00AM - 10:50AM
VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL SPRINT
7:30AM – 8:00AM	7:30AM - 8:00AM	7:30AM - 8:00AM	7:30AM - 8:00AM	7:30AM - 8:00AM	8:15AM - 8:45AM	11:00AM - 11:30AM
VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	Indoor Cycling ICG	VIRTUAL RPM
8:15AM - 8:45AM	8:15AM - 8:45AM	8:15AM - 8:45AM	8:15AM - 8:45AM	8:15AM - 8:45AM	9:15AM - 10:00AM	12:00PM - 12:30PM
Indoor Cycling ICG	VIRTUAL RPM	Indoor Cycling ICG	VIRTUAL RPM	Indoor Cycling ICG	VIRTUAL RPM	VIRTUAL THE TRIP
9:15AM - 10:00AM	9:45AM - 10:15AM	9:15AM - 10:00AM	9:45AM - 10:15AM	9:15AM – 10:00AM	10:15AM - 10:45AM	1:00PM - 1:45PM
VIRTUAL SPRINT	VIRTUAL THE TRIP	VIRTUAL RPM	VIRTUAL THE TRIP	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL RPM
10:15AM - 10:45AM	10:30AM - 11:15AM	10:15AM - 10:45AM	10:30AM - 11:15AM	10:15AM – 10:45AM	11:15AM - 11:45AM	2:00PM - 2:30PM
VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM
11:00AM - 11:30AM	11:30AM - 12:00PM	11:00AM - 11:30AM	11:30AM - 12:00PM	11:00AM - 11:30AM	12:00PM - 12:30PM	3:00PM - 3:30PM
VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL RPM	VIRTUAL THE TRIP	VIRTUAL SPRINT
12:15PM - 12:45PM	12:15PM - 12:45PM	12:15PM - 12:45PM	12:15PM - 12:45PM	12:15PM - 12:45PM	1:00PM - 1:45PM	4:00PM - 4:30PM
VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL SPRINT	
1:00PM - 1:30PM	1:00PM – 1:30PM	1:00PM - 1:30PM	1:00PM - 1:30PM	1:00PM - 1:30PM	2:00PM – 2:30PM	
VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	VIRTUAL RPM	VIRTUAL SPRINT	
2:00PM – 2:50PM	2:00PM - 2:30PM	2:00PM – 2:50PM	2:00PM - 2:30PM	2:00PM - 2:50PM	3:00PM – 3:30PM	
VIRTUAL RPM Base	VIRTUAL THE TRIP	VIRTUAL RPM Base	VIRTUAL THE TRIP	VIRTUAL RPM Base	VIRTUAL RPM	
3:15PM – 3:50PM	3:00PM - 3:45PM	3:15PM - 3:50PM	3:00PM - 3:45PM	3:15PM - 3:50PM	4:00PM - 4:30PM	
VIRTUAL RPM 4:00PM – 4:30PM	VIRTUAL SPRINT 4:00PM - 4:30PM	VIRTUAL RPM 4:00PM - 4:30PM	VIRTUAL SPRINT 4:00PM - 4:30PM	VIRTUAL RPM 4:00PM - 4:30PM		
Indoor Cycling ICG 5:15PM - 6:00PM	VIRTUAL THE TRIP 5:00PM - 5:45PM	VIRTUAL RPM 5:00PM - 5:50PM	VIRTUAL RPM 5:00PM - 5:50PM	VIRTUAL SPRINT 5:00PM - 5:30PM		
VIRTUAL THE TRIP 6:30PM - 7:15PM	Indoor Cycling ICG 6:00PM - 6:45PM	VIRTUAL THE TRIP 6:30PM - 7:15PM	VIRTUAL SPRINT 6:30PM - 7:00PM	VIRTUAL THE TRIP 6:30PM - 7:15PM		
VIRTUAL RPM 8:00PM – 8:30PM	VIRTUAL THE TRIP 7:30PM – 8:15PM	VIRTUAL RPM 8:00PM - 8:30PM	VIRTUAL THE TRIP 7:30PM – 8:15PM	VIRTUAL RPM 8:00PM – 8:30PM		LIVE CLAS

WATERTOWN FAMILY YMCA Yoga Studio FALL Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIRTUAL CORE	VIRTUAL BODYBALANCE	VIRTUAL CORE	VIRTUAL BODYBALANCE	VIRTUAL CORE	VIRTUAL CORE	VIRTUAL BODYBALANCE
5:15AM - 6:00AM	5:15AM - 6:00AM	5:15AM - 5:45AM	5:15AM - 6:00AM	5:15AM - 6:00AM	6:15AM - 7:00AM	8:15AM - 9:00AM
VIRTUAL BODYBALANCE	VIRTUAL CORE	VIRTUAL CORE	VIRTUAL CORE	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	
6:00AM - 6:45AM	6:15AM - 6:45AM	6:00AM - 6:45AM	6:15AM - 6:45AM	6:00AM - 6:45AM	7:15AM - 8:00AM	9:30AM - 10:15AM
VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	VIRTUAL CORE	VIRTUAL BODYBALANCE
BEGINNER (old)	7:00AM - 7:45AM	Flexibility	7:00AM - 7:45AM	Strength	8:30AM - 9:00AM	12:00PM - 1:00PM
7:30AM - 8:00AM		7:30AM - 8:00AM		7:30AM - 8:00AM		
	VIRTUAL CORE Ab Blast		VIRTUAL CORE Ab Blast		VIRTUAL BODYBALANCE	
Core Training Class	8:00AM - 8:15AM	VIRTUAL CORE	8:00AM - 8:15AM	Core Training Class	10:00AM - 10:45AM	Strength
8:30AM - 9:00AM		8:30AM - 9:00AM		8:30AM - 9:00AM		1:30PM - 2:00PM
C	Tabata	C. In. I	Chair Yoga	C. II. V.	VIRTUAL CORE	VARTUAL CORE
Good Morning Stretch Class	9:00AM - 10:00AM	Sound Bath 9:15AM - 10:00AM	8:40AM - 9:45AM	Gentle Yoga 9:15AM – 10:15AM	11:00AM - 11:30AM	VIRTUAL CORE
9:00AM - 9:30AM	VIRTUAL CORE	9:15AM - 10:00AM	Functional Fitness	9:15AM - 10:15AM	VIRTUAL CORE	3:15PM - 3:45PM
5:00AM - 5:50AM	10:30AM - 11:00AM	Hatha Yoga	10:15AM - 11:15AM	ZUMBA	12:00PM - 12:45PM	VIRTUAL BODYBALANCE
Gentle Yoga	10.50411 11.00411	10:30AM - 11:30AM	10.13AM III.13AM	10:30AM - 11:30AM	12.001 101 12.431 101	Yoga
9:40AM - 10:40AM	VIRTUAL BODYBALANCE		VIRTUAL BODYBALANCE		VIRTUAL BODYBALANCE	3
	Yoga	VIRTUAL BODYBALANCE	11:30AM - 11:50AM	VIRTUAL BODYBALANCE	1:45PM - 2:30PM	
VIRTUAL CORE	11:30AM - 11:50AM	12:00PM - 12:45PM		12:00PM - 12:45PM		
11:00AM - 11:45AM			VIRTUAL CORE		VIRTUAL CORE	
	VIRTUAL CORE	VIRTUAL CORE	12:15PM – 1:00PM	VIRTUAL CORE	3:15PM - 3:45PM	
VIRTUAL BODYBALANCE	12:15PM – 1:00PM	1:15PM - 2:00PM		1:15PM – 2:00PM		
12:00PM - 12:45PM	VIDTUAL BODYDALANCE	VIDTUAL CODE	VIRTUAL BODYBALANCE	WIDTHAL CODE	VIRTUAL BODYBALANCE	
VIRTUAL CORE	VIRTUAL BODYBALANCE 1:45PM - 2:30PM	VIRTUAL CORE 3:00PM - 3:45PM	1:45PM – 2:30PM	VIRTUAL CORE 3:00PM - 3:45PM	Yoga 4:00PM – 4:20PM	
1:15PM - 2:00PM	1;43PM - 2:30PM	5:00FM - 5:43FM	VIRTUAL BODYBALANCE	3:00PM - 3:43PM	4:00PM - 4:20PM	
1.15FM - 2.00FM	VIRTUAL BODYBALANCE	VIRTUAL BODYBALANCE	Strength	VIRTUAL BODYBALANCE		
VIRTUAL CORE	Yoga	4:00PM - 4:45PM	2:30PM - 3:00PM	4:00PM - 4:45PM		
3:00PM - 3:45PM	2:30PM - 2:50PM					
		VIRTUAL CORE	VIRTUAL CORE	VIRTUAL CORE		
VIRTUAL BODYBALANCE	VIRTUAL CORE	5:00PM - 5:45PM	3:30PM - 4:15PM	5:00PM - 5:45PM		
4:00PM - 4:45PM	3:30PM - 4:15PM					
\#B=!!!! 6055	Dil	VIRTUAL BODYBALANCE	Restorative YOGA	VIRTUAL BODYBALANCE		
VIRTUAL CORE	Pilates and Barre Combo Class.	6:00PM - 6:45PM	4:30PM - 5:30PM	6:00PM - 6:45PM		
5:00PM - 5:45PM	5:00PM - 6:00PM	VIRTUAL BODYBALANCE	VIRTUAL CORE	VIRTUAL BODYBALANCE		
Pilates and Barre	3.00FM - 0.00FM	7:30PM - 8:15PM	6:30PM - 7:15PM	7:30PM - 8:15PM		
Combo Class.	VIRTUAL CORE	7.501 141 0.151 141	0.501 1.1 7.151 1.1	7.501 141 0.151 141		
6:00PM - 7:00PM	6:30PM - 7:15PM		VIRTUAL CORE			
			7:30PM - 8:15PM			LIVECLACE
VIRTUAL BODYBALANCE	VIRTUAL CORE					LIVE CLASS
7:30PM - 8:15PM	7:30PM - 8:15PM					