



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE SCHEDULE BENBROOK COMMUNITY CENTER YMCA

Effective May 3, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 AM BODYPUMP Lora-Studio A	5:15-6:15 AM RPM Kathy-Studio B	5:15-6:15 AM BODYPUMP Lora-Studio A	5:15-6:15 AM RPM Lana-Studio B	5:15-6:15 AM BODYPUMP Lora-Studio A	8:15-9:15 AM BODYCOMBAT Kristi/Carissa-Studio A
8:15-9:15 AM RPM Holly-Studio B	8:15-9:15 AM BODYCOMBAT Carissa-Studio A	8:15-9:15 AM RPM Terry-Studio B	8:15-9:15 AM BODYCOMBAT Kristi-Studio A	8:15-9:15 AM RPM Holly-Studio B	9:15-10:15 AM ZUMBA Maria-Studio B
9:00-10:00 AM BODYPUMP Susan-Studio A	9:30-10:00 AM LM CORE Carissa-Studio A	9:00-10:00 AM BODYPUMP Cat-Studio A	9:30-10:00 AM LM CORE Holly-Studio A	9:00-10:00 AM BODYPUMP Susan-Studio A	9:30-10:30 AM BOYPUMP Karen/Kathy - Studio A
9:15-10:15 AM Wavemakers Julie-Pool	9:00-10:00 AM Y-Warrior Jim-Outside	9:15-10:15 AM Wavemakers Julie-Pool	9:00-10:00 AM Y-Warrior Jim-Outside	9:15-10:15 AM Wavemakers Shannon-Indoor Pool	10:30-11:30 AM Yoga Milly-Studio B
10:15-11:15 AM Yoga Mike-Studio A	9:15 - 10:15 AM Silver Splash Pam-Pool	10:15-11:15 AM Barre Holly-Studio A	10:15-11:15 AM Yoga Mike-Studio A	10:15-11:15 AM BODYFLOW Carissa-Studio A	
11:15-12:15pm SilverSneakers Circuit Shani-Studio B	10:15-11:15 AM BODYFLOW Carissa-Studio A	11:15-12:15 pm SilverSneakers Circuit Shani-Studio B	11:15-12:15 PM SilverSneakers Classic Ginger-Studio B	11:15-12:15pm SilverSneakers Circuit Ginger-Studio B	
	11:15-12:15 PM Tai Chi for Your Life Jay-Studio B				
4:15-5:15 PM BODYCOMBAT Karen-Studio A	5:00-5:55 PM ZUMBA Amy-Studio A	4:15-5:15 PM BODYCOMBAT Kristi-Studio A	5:00-6:00 PM BODYPUMP Karen-Studio A	5:00-6:00 PM ZUMBA Carolina-Studio A	
5:30-6:30 PM BODYPUMP Karen-Studio A	5:30-6:30 PM Barre Susan-Studio B	5:30-6:30 PM BODYFLOW Milly-Studio A	5:30-6:30 PM HIGH Fitness Charity-Studio B		
5:15-6:00 PM RPM Holly-Studio B	6:15-7:15 PM Yoga Ginger-Studio A	6:30-7:25 pm RPM Alissa-Studio B	6:15-7:15 PM ZUMBA Bianca-Studio A		
6:15-7:15 PM BODYFLOW Holly-Studio B					