

Schedule is subject to change	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am-6am	Cycle Heidi -Rm B (5:30-6:30) Beginner/Inter Yoga Donna -Rm A (5:45-6:45)	Step Aerobics Rebekah -Rm A (5:30-6:15)	TBC Walt -Rm A (5:30-6:30) Beginner/Inter Yoga Donna -Rm B (5:45-6:45)	Step Circuit Rebekah -Rm A (5:30-6:15)	TBC Heidi -Rm A (5:30-6:15)		
6am-7am							
7am-8am	SilverSneakers Cardio Circuit Donna -Rm A (7:00-8:00)	Zumba Yasuko -Rm A (7:00-8:00)	SilverSneakers Cardio Circuit Donna -Rm A (7:00-8:00)	Zumba Yasuko -Rm A (7:00-8:00)	SilverSneakers Cardio Circuit Kathy-Rm A (7:00-8:00)	Cardio Mix Eva -Rm A (7:30-8:30)	
8am-9am	Step Aerobics Rebekah -Rm A (8:00-9:00)	Drums Alive Christine -Rm A (8:00-8:30)	TBC Rebekah -Rm A (8:00-9:00)	Intermediate Yoga Rebekah -Rm A (8:15-9:15)	TBC Christine -Rm A (8:30-9:30)	Cycle Heidi -Rm B (8:00-8:45)	Jazzercise Barb -Rm A (8:30-9:30)
		Cycle Sandy -Rm B (8:45-9:45)		Cycle Sandy -Rm B (8:45-9:45)			
		Core Training Christine -Rm A (8:45-9:45)					
9am-10am	Zumba/Latin Dance Liliana -Rm A (9:00-10:00)		Zumba/LatinDance Liliana -Rm A (9:00-10:00)		Pilates Sandy -Rm B (9:35-10:35)	Pilates Eva -Rm B (9:00-10:00)	Piloxing Eva -Rm A (9:30-10:30)
	Pilates Sandy -Rm B (9:05-10:05)		Pilates Sandy -Rm B (9:05-10:05)		Zumba Yasuko -Rm A (9:30-11:00)		
10am-11am	TBC Christine -Rm A (10:05-11:00)	Low Impact Aerobics Lynette -Rm A (10:00-11:15)	Healthy Back Yoga Donna -Rm A (10:05-11:00)	Low Impact Aerobics Lynette -Rm A (10:00-11:15)		Cardio Kick Boxing Eva Rm-A (10:00-11:15) Intermediate Yoga Christina -Rm B(10:05-11:05)	Cardio Mix/ BOSU Eva -Rm A (10:30-11:30)
11am-Noon	SilverSneakers Cardio Circuit Jana -Rm A (11:10-12:10)	Gentle Yoga Karen -Rm A (11:30-12:30)	SilverSneakers Cardio Circuit Jenny - Rm A (11:10-12:10)	SilverSneakers YogaStretch Donna -Rm A (11:30-12:30)	SilverSneakers Cardio Circuit Jana -Rm A (11:10-12:10)	Karate Amber Rm A (11:30-12:30)	
Noon-1pm	SilverSneakers Muscular Strength Jana -Rm A (12:10-1:10)		SilverSneakers Muscular Strength Jenny -Rm A (12:10-1:10)		SilverSneakers Muscular Strength Jana -Rm A (12:10-1:10)		Amazing Ykidz Center Hours Monday - Thursday 8am-Noon; 4pm-8pm Friday 8am-Noon; 4pm-7pm Saturday 8am-Noon
1pm-2pm	Tai Chi Level 1 Karen - Rm A (1:30-2:30)		Tai Chi Level 1 Karen - Rm A (1:30-2:30)				
2pm-3pm	Tai Chi Level 2 Lynette - Rm A (2:30-3:30)		Tai Chi Level 2 Lynette - Rm A (2:30-3:30)			Youth Beginner Jazz-Enroll Samantha -Rm A (2:00-3:00)	
3pm-4pm						Teen Dance Comp-Enroll Samantha -Rm A (3:00-4:15)	
4pm-5pm	ZUMBA Toning Liz -Rm A (4:00-5:00)		ZUMBA Liz -Rm A (4:30-5:30)		Belly Dancing Promise -Rm A (4:15-5:15)	Teen Advanced Jazz-Enroll Samantha -Rm A (4:30-6:00)	
5pm-6pm	Cardio Mystery Mix Cheri- Rm A (5:30-6:30)	Cycle Heidi -Rm B (4:30-5:30)		Cycle Heidi -Rm B (4:30-5:30)			
		Y Attack Eva -Rm A (5:30-6:30)	Gentle Yoga Christina -Rm B (5:30-6:30)		ZUMBA Liz -Rm A (5:30-6:30)		
6pm-7pm	Jazzercise Barb -Rm A (6:30-7:30)	Jui Jitsu Roger - Rm B (6:00-8:00)	Jazzercise Barb -Rm A (6:30-7:30)	Cardio Kick Boxing Eva Rm-A (6:00-7:00)	Karate Amber Rm A 6:30-7:30		
7pm-9:30pm	Gentle Yoga Gladys 6:30-7:30	Social Dance May Lou -Rm A (6:30-9:30)	Social Dance May Lou -Rm A (7:30-9:30)	Intermediate Yoga Christina -Rm B (6:30-7:30)			
				Abs Only Eva -Rm A (7:00-7:30)	Jui Jitsu Roger - Rm B (6:00-8:00)		
			Social Dance May Lou -Rm A (7:30-9:30)				



TEMPE Y GROUP EXERCISE SCHEDULE