

COUNTRYSIDE YMCA | LANDEN Studio Schedule September 2017

	Studio A			Studio B			Spirit Studio		
	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR	TIME	CLASS	INSTRUCTOR
MONDAY				5:30-6:20A	Muscle Max	Anna	9:15-10:30A	Yoga \$	Christy
	9:15-10:15A	Zumba	Chiaki	9:15-10:05A	Cardio Mix	Carrie			
				10:15-11:05A	Muscle Max	Carrie			
	6:00-6:30P	Kid Fit Ages 3-6	Libby	6:00-6:50P	Intervals	Jamie E.			
				7:00-8:00P	Zumba	Jamie M.			
TUESDAY	9:30-10:15A	TRX \$	Erin	9:15-10:05A	Power Core	Carrie	9:15-10:30A	Hot Yoga \$	Christy
	10:30-11:30A	Barre Core \$	Jess						
	6:00-7:00P	Total Body Barre \$	Janelle	6:00-7:00P	Self Defense \$	Dr. Bobbert			
	7:05-8:05P	Tai Chi \$	Dr Bobbert	7:15-8:15p	Archery \$				
WEDNESDAY				5:30-6:20A	Boot Camp	Anna			
	9:15-10:00A	Cycle Spin \$	Rich	9:15-10:05A	Cardio Mix	Erin	9:30-11:30A	MOPS \$ 1st/3rd of each month	Jess
				10:15-11:05A	Muscle Max	Erin			
	6:00-6:30P	Kid Fit Ages 3-6	Libby	6:00-6:50P	Muscle Max	Karen			
THURSDAY				5:30-6:20A	Muscle Max	Anna	9:15-10:30A	Hot Yoga \$	Deanna
	9:30-10:15A	TRX \$	Erin	9:15-10:05A	Muscle Max	Carrie			
	6:00-7:00P	Hit Barre \$	Jen	7:00-9:00P	Table Tennis		4:30-5:30P	Bible Study	Sherry
FRIDAY	9:15-10:15A	Zumba	Dana	9:15-9:45A	Tabata	Carrie	9:15-10:30A	Warm Yoga \$	Karen
	10:30-11:30A	HIT Barre \$	Jenn	9:45-10:10A	Abs & Glutes	Carrie			
SATURDAY				8:00-8:50A	Muscle Max	Carrie			
	9:30-10:00A	Kid Fit Ages 3-6	Staff	9:15-10:05A	Muscle Max	Carrie			
				10:15-11:15A	Zumba	Dana			
SUNDAY				2:00-5:30P	Table Tennis				