



Robinhood Road Family YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle//Restorative Yoga Hot Yoga Studio Sign Up							1:00PM-2:00PM (Group Exercise) <i>Tracy O.</i>
RPM Cycle Studio Sign Up							1:00PM-1:50PM (Group Exercise) <i>Cecily T.</i>
BODYPUMP Group Exercise Studio Sign Up							1:30PM-2:30PM (Group Exercise) <i>Debbie C.</i>
Hot Flow Hot Yoga Studio Sign Up							2:15PM-3:15PM (Group Exercise) <i>Tracy O.</i>
Les Mills CORE Group Exercise Studio Sign Up							2:45PM-3:15PM (Group Exercise) <i>Evelyn C.</i>
Hot Yoga Postures Hot Yoga Studio Sign Up							3:30PM-4:30PM (Group Exercise) <i>Fontaine G.</i>
Les Mills BODYBALANCE Mind Body Studio Sign Up							3:45PM-4:45PM (Group Exercise) <i>Mary H.</i>