

John P. Thayer YMCA Group Fitness Schedule

APRIL, MAY, JUNE 2024



GROUP FITNESS STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM		LES MILLS BODYPUMP COREY		LES MILLS BODYPUMP ERICA			
6:30AM			LES MILLS CORE NADEAN				
8:30AM	 STEPHANIE	 CHERYL	 JOHN	 SARA	 ANNIKA	9:00AM LES MILLS BODYPUMP	
11:15AM	LES MILLS BODYPUMP KATIE	LES MILLS CORE ANDIE	LES MILLS BODYPUMP ROBIN	YOGA KARA	LES MILLS BODYPUMP KAYLA	11:15AM LES MILLS CORE	
12:15PM	PILATES LEIGH		PILATES LORI		LES MILLS CORE ANNIKA	12:00PM YOGA	2:00PM LES MILLS BODYPUMP
5:30PM	LES MILLS BODYCOMBAT TIFFANY	LES MILLS BODYPUMP JOY	LES MILLS BODYCOMBAT RACHEL	LES MILLS BODYPUMP KAYLA			3:15PM MIXEDFIT
6:30PM	LES MILLS CORE TIFFANY	 VERONICA	LES MILLS CORE JOY	YOGA KIM			

FACILITY HOURS

Mon. - Thurs.:
5:00AM - 9:00PM
Friday:
5:00AM - 8:00PM
Saturday:
8:00AM - 4:00PM
Sunday:

CHILD WATCH HOURS

Monday - Friday:
8:00AM - 1:30PM
Monday - Thursday:
4:00PM - 7:45PM
Saturday:
8:00AM - 1:30PM

CYCLING STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM	LES MILLS RPM DREA		LES MILLS sprint ABBY		LES MILLS RPM ERICA	
10:00AM	LES MILLS RPM ALFREDA	LES MILLS sprint JANE	LES MILLS RPM HANNAH	LES MILLS RPM JANE	LES MILLS RPM ANDIE	10:15AM LES MILLS RPM
12:15 PM		LES MILLS RPM LORI				
5:45PM	LES MILLS sprint RACHEL	LES MILLS RPM TIFFANY	LES MILLS RPM CHRIS	LES MILLS sprint DWAYNE		

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM		 CARMEN		 JAMELLE		