

D.A. Turner YMCA Group Fitness Schedule

APRIL, MAY, JUNE 2024

ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		LES MILLS RPM ALFREDA		LES MILLS sprint RACHEL			
9:00AM	LES MILLS RPM ANDIE		LES MILLS RPM JILLIAN		LES MILLS RPM ALFREDA		
10:10AM	PILATES JEAN	LES MILLS BODYCOMBAT JILLIAN		YOGA SARA		9:45AM LES MILLS BODYCOMBAT	
4:30PM	YOGA CANDICE		LES MILLS BODYCOMBAT JILLIAN				2:15PM LES MILLS sprint
5:30PM		LES MILLS BODYCOMBAT KAYLA		LES MILLS RPM DREA			3:00PM YOGA
6:30PM	 TINA		YOGA RONNIE				

ROOM 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	LES MILLS BODYPUMP ERICA		LES MILLS BODYPUMP DREA		LES MILLS BODYPUMP JOY		
9:00AM	 JANICE	LES MILLS BODYPUMP LORI	 CARMEN	LES MILLS BODYPUMP KATIE	 CHERYL	8:30AM LES MILLS BODYPUMP	
10:10AM	 JOHN	 SARA	 STEPHANIE	 JOHN	 STEPHANIE	11:00AM LES MILLS CORE	
4:30PM		LES MILLS BODYPUMP JILLIAN		LES MILLS BODYPUMP ANNIKA			
5:30PM	LES MILLS BODYPUMP DREA		LES MILLS BODYPUMP TIFFANY				
6:30PM		LES MILLS BODYPUMP CANDI P		LES MILLS CORE DREA			

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30AM	 CHERYL		 CARMEN		 JAMELLE

FACILITY HOURS

Monday - Thurs:
5:45AM - 9:00PM
Friday:
5:45AM - 8:00PM
Saturday:
8:00AM - 4:00PM
Sunday:

CHILD WATCH HOURS

Monday - Friday:
8:00AM - 12:00PM
Monday - Thursday:
4:00PM - 7:45PM
Saturday:
8:00AM - 1:00PM

