

	FRIDAY			SATURDAY			SUNDAY		
	SPORTS HALL	DANCE STUDIO	DINER	SPORTS HALL	DANCE STUDIO	DINER	SPORTS HALL	DANCE STUDIO	DINER
8.00									
8.15									
8.30									
8.45									
9.00									
9.15									
9.30									
9.45	Insanity Pat	RPM Jo	Beginner Adult Tap Dance (09:30-11:00)						
10.00									
10.15									
10.30	Body Pump Jo	Body Balance Ravs		Circuit Roy	RPM Helen		Body Pump Delray		
10.45									
11.00			Advanced Adult Tap Dance (10:15-11:45)						
11.15				Body Pump Helen			Fitness Fusion Chris	RPM Delray	
11.30									
11.45									
12.00									
12.15									
12.30									
12.45									
13.00									
13.15									
13.30									
13.45	Stroke Rehab* Kim								
14.00									
14.15									
14.30									
14.45									

CALORIE BURN
SPECIALITY
YOUTH
DANCE
STRENGTH & TONE
RELAXATION
NON YMCA/PRIVATE HIRE

*COMMUNITY CLASSES