

# MULTI PURPOSE ROOM SCHEDULE

Fall II | October 30 – December 24 | LOWER BUCKS FAMILY YMCA

**IMPORTANT NOTE:** Schedule subject to change. Multi Purpose Room is not available for general usage when classes or programming are in session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YOGA</b> 9:45-11:00 AM	<b>YOGA</b> 9:30-10:30 AM	<b>ANYTHING GOES</b> 9:30-10:15 AM	<b>YOGA</b> 9:15-10:30 AM	<b>CHILD CARE GYM</b> 9:15 – 9:45 AM	<b>YOGA</b> 9:00-10:00 AM	<b>YOGA</b> 7:00-8:00 AM
<b>CHILD CARE GYM</b> 11:00 – 11:30 AM	<b>CHILD CARE GYM</b> 10:45 – 11:15 AM	<b>PILATES</b> 10:25-11:15 AM	<b>CHILD CARE GYM</b> 10:20 – 10:50 AM	<b>YOGA</b> 10:00-11:15 AM	<b>SHOTOKAN KARATE</b> 10:00-11:30 PM	
<b>SILVER SNEAKERS YOGA</b> 11:45-12:45 PM	<b>SILVER SNEAKERS CLASSIC</b> 11:45-12:45 PM	<b>SILVER SNEAKERS YOGA</b> 11:30 – 12:30 PM	<b>SILVER SNEAKERS CLASSIC</b> 11:00 – 12:00 PM	<b>SILVER SNEAKERS CARDIO</b> 12:05 – 1:05 PM		
<b>SILVER SNEAKERS YOGA</b> 1:00 – 2:00 PM	<b>PILATES</b> 6:00 – 6:50 PM	<b>PLYOGA</b> 6:00-7:00 PM	<b>SILVER SNEAKERS CLASSIC</b> 12:30 – 1:30 PM	<b>BARRE</b> 5:00-6:00 PM		
<b>KINDER KARATE</b> 6:00-7:00 PM	<b>YOGA</b> 7:00-8:00 PM	<b>POUND</b> 7:00 – 8:00 PM	<b>SPORTS AGILITY TRAINING</b> 5:00-5:45 PM	<b>PILATES</b> 6:00 – 7:00 PM		
<b>SHOTOKAN KARATE</b> 7:00-8:30 PM		<b>YOGA</b> 8:05-9:05 PM	<b>SHOTOKAN KARATE</b> 6:00-7:30 PM			
						10.10.17

**BLACK INDICATES GROUP EXCERSICE CLASS**

**BLUE INDICATES YOUTH FITNESS**