

MULTI PURPOSE ROOM SCHEDULE

Spring I 2018 | February 26–April 22nd | 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
YOGA 9:45–11:00 AM	YOGA 9:30–10:30 AM	ANYTHING GOES 9:30–10:15 AM	YOGA 9:15–10:30 AM	CHILD CARE GYM 9:15 – 9:45 AM	YOGA 9:00–10:00 AM	YOGA 7:00–8:00 AM
CHILD CARE GYM 11:00 – 11:30 AM	CHILD CARE GYM 10:45 – 11:15 AM	PILATES 10:25–11:15 AM	SILVER SNEAKERS CLASSIC 11:00 –12:00 PM	YOGA 10:00–11:15 AM	SHOTOKAN KARATE 10:00–11:30 PM	
SILVER SNEAKERS YOGA 11:45–12:45 PM	SILVER SNEAKERS CLASSIC 11:45–12:45 PM	SILVER SNEAKERS YOGA 11:30 – 12:30 PM	SILVER SNEAKERS CLASSIC 12:30 –1:30 PM	SILVER SNEAKERS CARDIO 11:30 – 12:30 PM		
SILVER SNEAKERS YOGA 1:00 –2:00 PM	SUPER HERO TRAINING 5:00–5:30 PM	PLYOGA 6:00–7:00 PM	JEDI TRAINING 4:00–4:40 PM	BARRE 5:00–6:00 PM		
KINDER KARATE 6:00–7:00 PM	PILATES 6:00 –6:50 PM	ZUMBA 7:00 – 8:00 PM <i>For a limited time!</i>	JEDI TRAINING 5:10–5:50 PM	PILATES 6:00 –7:00 PM		
SHOTOKAN KARATE 7:00–8:30 PM	YOGA 7:00–8:00 PM	YOGA 8:05–9:05 PM	SHOTOKAN KARATE 6:00–7:30 PM			

BLACK INDICATES GROUP EXERCISE CLASS

BLUE INDICATES YOUTH FITNESS