MULTI PURPOSE ROOM SCHEDULE

Winter I 2018 | January 2 – February 25 | 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	PILATES 6:00 -6:50 PM	PLYOGA 6:00-7:00 PM	SPORTS AGILITY TRAINING 5:00-5:45 PM	BARRE 5:00-6:00 PM		
KINDER KARATE 6:00-7:00 PM	YOGA 7:00-8:00 PM	POUND 7:00 – 8:00 PM	SHOTOKAN KARATE 6:00-7:30 PM	PILATES 6:00 -7:00 PM		
SHOTOKAN KARATE 7:00-8:30 PM		YOGA 8:05-9:05 PM				
						12.22.17

BLACK INDICATES GROUP EXCERSICE CLASS

BLUE INDICATES YOUTH FITNESS