

Littlestown YMCA Class Schedule
Monday April 23, 2012 to Saturday, June 16, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Rise-n-Shine Cycle/Bish		Rise-n-Shine Cycle/Bish		
6:00 AM	Rise-n-Shine Yoga/Essed					
8:00 AM						Power Ride/ Bish
9:00 AM		Feelin' Good /Depines	Zumba + Zumba Toning/Bell	Feelin' Good /Depines	Zumba/Bell	
9:15 AM	Fit Body/ Kawecki					
10:00 AM		Versa Training /Kawecki		Versa Training /Kawecki		
10:05 AM	Yoga/ Essed		Yoga/ Essed			
4:55 PM		Tabata Training/ Shaw				
5:25 PM	Super Sculpt / Gouker		Super Sculpt / Gouker			
5:45 PM		Pilates Sculpt /Kawecki				
6:05 PM				Washboard Abs/ Kawecki		
6:15 PM	Step/ Gouker		Step/ Gouker			
6:35 PM		30 Minute Workout/ Kawecki 6:30pm		Pilates Sculpt /Kawecki		
7:05 PM	PowerRide/ Baran	Power Yoga/ Bish 7:00pm	PowerRide/ Baran			
7:25 PM				Power Yoga/ Bish		
7:55 PM	Zumba / Bell					<i>NEW CLASS OR TIME</i>