



D.R. Semmes Family YMCA at Tripoint
June 25th - July 1st

3233 N. St. Mary's St.
San Antonio, TX 78212
210.246.9622

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 1
6am	Step FX Studio 1 Alicia D 6am - 6:55am	LES MILLS BODYFLOW™ Studio 1 Maggie V 6am - 6:55am	Step FX Studio 1 Alicia D 6am - 6:55am	LES MILLS BODYPUMP™ Studio 1 Alicia D 6am - 6:55am			LES MILLS BODYFLOW™ Studio 1 Maggie V 6am - 6:55am
	Cycle Cycle Studio Thom R 6am - 6:55am		Cycle Cycle Studio Jennifer H 6am - 6:55am				
7am		LES MILLS BODYPUMP™ Studio 1 Billy G 7am - 7:55am					LES MILLS BODYPUMP™ Studio 1 Billy G 7am - 7:55am
8am	TRX® HIIT Studio 1 Cynthia C 8am - 8:45am		LES MILLS BODYFLOW™ Studio 1 Stephen G 8am - 8:55am	Boot Camp Studio 1 Debbie G 8am - 8:55am	LES MILLS BODYPUMP™ Studio 1 Alicia D 8am - 9:05am		
9am	ZUMBA® Studio 1 Dawn C. 9am - 9:55am	ZUMBA® Studio 2 Mayra G 9am - 9:55am	Mat Pilates Studio 2 Hannah S. 9am - 9:55am	Yoga Foundations Studio 2 Marti E. 9am - 9:55am	Cycle Cycle Studio Beth M. 9am - 9:55am		ZUMBA® Studio 2 Mayra G 9am - 9:55am
	Mat Pilates Studio 2 Paulette M. 9am - 9:55am	Barre FX Studio 1 Jennifer V 9am - 9:55am	ZUMBA® Studio 1 Dawn C. 9am - 9:55am	Barre FX Studio 1 Jennifer V 9am - 9:55am	LES MILLS BODYFLOW™ Studio 1 Ann M 9:15am - 10:20am		Barre FX Studio 1 Jennifer V 9am - 9:55am
10am	SILVERSNEAKERS® CARDIO FIT Studio 1 Paulette M. 10am - 10:55am	Active Older Adult (AOA) Circuit Studio 1 Marti E. 10am - 10:55am	Yoga Foundations Studio 2 Marti E. 10am - 10:55am	Active Older Adult (AOA) Stretch & Balance Studio 1 Pie P 10am - 11am	Boot Camp Studio 1 Billy G 10:30am - 11:30am		
11am	LES MILLS BODYFLOW™ Studio 1 Stephen G 11am - 11:55am	SILVERSNEAKERS® CIRCUIT Studio 1 Caroline M 11am - 11:55am		SILVERSNEAKERS® CIRCUIT Studio 1 Caroline M 11am - 11:55am			SILVERSNEAKERS® CLASSIC Studio 1 Caroline M 11am - 11:55pm
12pm	LES MILLS SPRINT™ Cycle Studio Stephen G 12pm - 12:30pm	LES MILLS SPRINT™ Cycle Studio Donna P. 12pm - 12:30pm	Yoga Restore Studio 2 Maria M 12pm - 12:55pm	Boot Camp Studio 1 Cynthia C 12pm - 12:55pm	ZUMBA® Studio 1 Mo G 12pm - 12:55pm		Cycle Cycle Studio Debbie G 12pm - 12:55pm
	Boot Camp Studio 1 Debbie G 12pm - 12:55pm	LES MILLS BODYPUMP™ Studio 1 Caroline M 12pm - 12:55pm	LES MILLS SPRINT™ Cycle Studio Stephen G 12pm - 12:30pm				LES MILLS BODYPUMP™ Studio 1 Jennifer C. 12pm - 12:55pm
			Step FX Studio 1 Sandy L 12pm - 12:55pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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5pm	LES MILLS BODYPUMP™ Studio 1 Jennifer C. 5:30pm - 6:25pm	Barre FX Studio 1 Nyssa A. 5:15pm - 6:15pm	LES MILLS BODYPUMP™ Studio 1 Billy G 5:30pm - 6:25pm	Yoga Foundations Studio 1 Elizabeth H 5:30pm - 6:25pm			LES MILLS GRIT CARDIO™ Studio 2 Celeste M 5:30pm - 6pm
		LES MILLS GRIT STRENGTH™ Studio 2 Jennifer G 5:30pm - 6pm	LES MILLS SPRINT™ Cycle Studio Donna P. 5:45pm - 6:15pm				Boot Camp Studio 1 Billy G 5:30pm - 6:25pm
6pm	Cycle Cycle Studio Donna P. 6pm - 6:55pm	Cycle Cycle Studio Lauren C. 6pm - 6:55pm	Yoga Foundations Studio 2 Lisa M 6pm - 6:55pm				Cycle Cycle Studio Jammie B. 6pm - 6:55pm
	ZUMBA® Studio 1 Maddie G 6:30pm - 7:25pm	Yoga Heated Studio 2 Marti E. 6:30pm - 7:25pm	ZUMBA® Studio 1 Mo G 6:30pm - 7:25pm				Yoga Restore Studio 1 Marti E. 6:30pm - 7:30pm
		ZUMBA® Studio 1 Jannelly V. 6:30pm - 7:25pm					
7pm	Yoga Foundations Studio 2 Marti E. 7pm - 7:55pm						ZUMBA® Studio 1 Lori L 7:30pm - 8:25pm

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