



Mays Family YMCA at Potranco
January 22nd - January 28th

8765 Hwy 151
San Antonio, TX 78245
2109016622

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Open Gym Basketball Gym 5am - 8am	Open Gym Basketball Gym 5am - 8am	Open Gym Basketball Gym 5am - 8am	Open Gym Basketball Gym 5am - 8am			Open Gym Basketball Gym 5am - 8am
6am	Open Swim Aquatics Small Pool 6am - 9am	Open Swim Aquatics Small Pool 6am - 9am	Open Swim Aquatics Small Pool 6am - 9am	Open Lap Swim Aquatics Lap Pool 6am - 8:30am			Open Lap Swim Aquatics Lap Pool 6am - 9am
	Adult Swim Club Aquatics Lap Pool 6am - 8am	Open Lap Swim Aquatics Lap Pool 6am - 9am	Adult Swim Club Aquatics Lap Pool 6am - 8am	Open Swim Aquatics Small Pool 6am - 8:30am			Open Swim Aquatics Small Pool 6am - 9am
7am					Reserved: Youth Sports Basketball Gym 7am - 6pm		
					Open Lap Swim Aquatics Lap Pool 7am - 8am		
8am	Open Lap Swim Aquatics Lap Pool 8am - 9am	Child Watch Child Watch 8am - 1pm	Open Gym Basketball Gym 8am - 10am	Open Court Basketball Gym 8am - 11am	Kids Club Kids Club 8am - 2pm		ZUMBA™GOLD Studio 2 Theresa S. 8am - 9am
	Open Court Basketball Gym 8am - 11am	Open Court Basketball Gym 8am - 11am	Child Watch Child Watch 8am - 1pm	Child Watch Child Watch 8am - 1pm	Child Watch Child Watch 8am - 2pm		Child Watch Child Watch 8am - 1pm
	Child Watch Child Watch 8am - 1pm	LES MILLS™ BODYPUMP Studio 1 Rochelle R 8:15am - 9am	ZUMBA™GOLD Studio 2 Theresa S. 8am - 9am	LES MILLS™ BODYPUMP Studio 1 Rochelle R 8:15am - 9:15am	Swim Lesson - Paid Program Aquatics Lap Pool 8am - 12pm		Open Court Basketball Gym 8am - 11am
			Open Lap Swim Aquatics Lap Pool 8am - 9am	Aqua Zumba Aquatics Small Pool Cynthia A 8:30am - 9:30am	Swim Lesson - Paid Program Aquatics Small Pool 8am - 12pm		
				Limited Lap Swim Aquatics Lap Pool 8:30am - 9:30am	LES MILLS™ BODYCOMBAT Studio 1 Lisa C 8am - 9am		
9am	Aqua Aerobics Aquatics Small Pool Jennifer D 9am - 10am	ZUMBA™ Studio 1 Rizza P 9am - 9:50am	Chair Yoga Studio 2 Cynthia A 9am - 10am	Abs& TRX Snake Pit Shawna P 9am - 10am	PIYO Studio 2 Donna D 9am - 10am		Senior Circuit Studio 2 Ava M 9am - 10am
	Limited Lap Swim Aquatics Lap Pool 9am - 10am	LES MILLS™ BODYFLOW Studio 2 Rochelle R 9am - 10am	Limited Lap Swim Aquatics Lap Pool 9am - 10am	STRONG by Zumba™ Studio 1 Cynthia A 9:30am - 10:30am	ZUMBA™ Studio 1 Rizza P 9am - 10am		Aqua Zumba Aquatics Small Pool Cynthia A 9am - 10am
	Total Body Strength Studio 1 Natalie P 9am - 9:50am	Aqua Zumba Aquatics Small Pool Cynthia A 9am - 10am	Aqua Aerobics Aquatics Small Pool Jennifer D 9am - 10am	Cycling Cycle Studio Josie S 9:30am - 10:20am	Cycling Cycle Studio Mandi J 9:30am - 10:30am		Cycling Cycle Studio Josie S 9am - 9:50am

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	SILVER SNEAKER YOGA STRETCH Studio 2 Cynthia A 9am - 10am	Limited Lap Swim Aquatics Lap Pool 9am - 10am	Total Body Strength Studio 1 Shawna P 9:30am - 10:30am	Open Lap Swim Aquatics Lap Pool 9:30am - 9pm			Limited Lap Swim Aquatics Lap Pool 9am - 10am
	Functional HIIT Snake Pit Darell C 9:30am - 10:30am	TRX® HIIT Snake Pit Shawna P 9:30am - 10:30am		Open Swim Aquatics Small Pool 9:30am - 9pm			ZUMBA™ Studio 1 Jozeabeth S 9am - 9:50am
		Cycling Cycle Studio Josie S 9:30am - 10:30am		LES MILLS™ BODYFLOW Studio 2 Rochelle R 9:30am - 10:30am			TRX® HIIT Snake Pit Darell C 9:30am - 10:30am
10am	Open Swim Aquatics Small Pool 10am - 4pm	Swim Lesson - Paid Program Aquatics Small Pool 10am - 12pm	Homeschool Art Youth and Family Programs 10am - 12pm	Tai Chi Studio 2 Ava M 10:30am - 11:30am	Functional HIIT Snake Pit Karen R 10am - 11am		Swim Lesson - Paid Program Aquatics Small Pool 10am - 12pm
	Open Lap Swim Aquatics Lap Pool 10am - 4pm	Open Lap Swim Aquatics Lap Pool 10am - 6:30pm	Homeschool PE Youth and Family Programs 10am - 12pm	ZUMBA™ Studio 1 Jozeabeth S 10:30am - 11:30am	CHEF Series (PAID CLASS) Teaching Kitchen Brenda S 10am - 11:30am		LES MILLS™ BODYPUMP Studio 1 Rochelle R 10am - 11am
	ZUMBA™ Studio 1 Jozeabeth S 10am - 11am	Senior Circuit Studio 2 Ava M 10:15am - 11:15am	Open Swim Aquatics Small Pool 10am - 4pm		Barre Above Studio 2 Donna D 10am - 11am		Open Lap Swim Aquatics Lap Pool 10am - 6:30pm
	LES MILLS™ BODYFLOW Studio 2 Rochelle R 10am - 11am	Total Body Strength Studio 1 Shawna P 10:30am - 11:30am	Homeschool PE Basketball Gym 10am - 12pm		LES MILLS™ BODYPUMP Studio 1 Glen Y 10:15am - 11:15am		
	Cycling Cycle Studio Shawna P 10:30am - 11:30am		Enhance Fitness Studio 2 Ava M 10am - 11am				
			Open Lap Swim Aquatics Lap Pool 10am - 4pm				
			Cycling Cycle Studio Shawna P 10:30am - 11:30am				
11am	Adult Pickup Basketball Basketball Gym 11am - 1pm	Adult Pickup Basketball Basketball Gym 11am - 1pm	ZUMBA™GOLD Studio 1 Cynthia A 11am - 12pm	Adult Pickup Basketball Basketball Gym 11am - 1pm	Gentle Yoga Studio 2 Angela H 11am - 12pm		ZUMBA™GOLD Studio 1 Cynthia A 11am - 12pm
	Enhance Fitness Studio 2 Ava M 11am - 12pm			Enhance Fitness Studio 2 Ava M 11:30am - 12:30pm	Cycling Cycle Studio Josie S 11am - 11:50am		Vin Flow Yoga Studio 2 Ava M 11am - 12pm

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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	CHEF Bites for All (FREE CLASS) Teaching Kitchen Rochelle R 11:15am - 12:15pm				Generation POUND Studio 1 Amber A 11:30am - 12:30pm		Adult Pickup Basketball Basketball Gym 11am - 1pm
12pm	Tiny Dancers Youth and Family Programs 12pm - 12:45pm	Open Swim Aquatics Small Pool 12pm - 7pm	Adult Pickup Basketball Basketball Gym 12pm - 1pm		Open Lap Swim Aquatics Lap Pool 12pm - 7pm		Open Swim Aquatics Small Pool 12pm - 7pm
			Seniors in the Kitchen (FREE CLASS) Teaching Kitchen Rochelle R 12:15pm - 1:15pm		Open Swim Aquatics Small Pool 12pm - 7pm		
					LES MILLS™ BODYPUMP Studio 1 Josie S 12:30pm - 1:30pm		
1pm	Open Gym Basketball Gym 1pm - 3pm	Open Gym Basketball Gym 1pm - 3pm	Open Gym Basketball Gym 1pm - 3pm	Open Gym Basketball Gym 1pm - 3pm		Child Watch Child Watch 1pm - 4pm	Open Gym Basketball Gym 1pm - 3pm
						Kids Advanced Brazilian Jiu Jitsu Youth and Family Programs 1pm - 2pm	
						Open Swim Aquatics Small Pool 1pm - 5pm	
						Family Gym Basketball Gym 1pm - 6pm	
						Open Lap Swim Aquatics Lap Pool 1pm - 5pm	
						Cycling Cycle Studio Josie S 1:15pm - 2:15pm	
2pm					Tiny Dancers Youth and Family Programs 2pm - 2:45pm	Little Samurais Youth and Family Programs 2pm - 2:45pm	
						Yoga Studio 2 Ava M 2pm - 3pm	
						Body Combat Studio 1 Angela B 2:15pm - 3:15pm	

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3pm	Child Watch Child Watch 3pm - 8pm	Half Court Open Gym/Half Court Kids Club Basketball Gym 3pm - 8pm	Kids Club Kids Club 3pm - 8pm	Kids Club Kids Club 3pm - 8pm		Little Samurais Youth and Family Programs 3pm - 3:45pm	Half Court Open Gym/Half Court Kids Club Basketball Gym 3pm - 5pm
	Kids Club Kids Club 3pm - 8pm	Kids Club Kids Club 3pm - 8pm	Child Watch Child Watch 3pm - 8pm	Half Court Open Gym/Half Court Kids Club Basketball Gym 3pm - 8pm			Kids Club Kids Club 3pm - 8pm
	Half Court Open Gym/Half Court Kids Club Basketball Gym 3pm - 8pm	Child Watch Child Watch 3pm - 8pm	Half Court Open Gym/Half Court Kids Club Basketball Gym 3pm - 5pm	Child Watch Child Watch 3pm - 8pm			Child Watch Child Watch 3pm - 8pm
4pm	Swim Lesson - Paid Program Aquatics Lap Pool 4pm - 8pm		Swim Lesson - Paid Program Aquatics Small Pool 4pm - 7pm			Adult Jiu Jitsu Youth and Family Programs 4pm - 5:30pm	Tiny Dancers Youth and Family Programs 4:30pm - 5:15pm
	Swim Lesson - Paid Program Aquatics Small Pool 4pm - 7pm		Swim Lesson - Paid Program Aquatics Lap Pool 4pm - 8pm				
5pm	Barre Above Studio 2 Rizza P 5pm - 6pm	LES MILLS™ BODYPUMP Studio 1 Josie S 5pm - 6pm	Pop Pilates Studio 2 Donna D 5pm - 6pm	Functional Training Snake Pit Josie S 5pm - 6pm			Open Gym Basketball Gym 5pm - 6pm
	R.I.P.P.E.D. Studio 1 Natalie P 5pm - 6pm	Functional HIIT Snake Pit Mike D 5:30pm - 6:30pm	Gym Closed Basketball Gym 5pm - 7pm	R.I.P.P.E.D. Studio 1 Cheryl P 5:30pm - 6:30pm			Functional HIIT Snake Pit Josie S 5pm - 6pm
							LES MILLS™ BODYCOMBAT Studio 1 Lisa C 5pm - 6pm
							VBarre Studio 2 Miryam M 5:30pm - 6:30pm
							Cycling Cycle Studio Angela H 5:30pm - 6:30pm
6pm	Tai Chi Studio 2 Ava M 6pm - 7pm	CHEF Series (PAID CLASS) Teaching Kitchen Brenda S 6pm - 8pm	TRX® HIIT Snake Pit Mike D 6pm - 7pm	Cupcake Decorating- (13yrs and older) Teaching Kitchen Brenda S 6pm - 8pm			Blissful Baking Teaching Kitchen Brenda S 6pm - 8pm

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	Functional HIIT Snake Pit Mike D 6pm - 7pm	ZUMBA™ Studio 1 Lucy Y 6pm - 7pm	R.I.P.P.E.D. Studio 1 Dawn F 6pm - 7pm	Barre Studio 2 Rizza P 6pm - 7pm			LES MILLS™ BODYPUMP Studio 1 Glen Y 6pm - 7pm
	LES MILLS™ BODYPUMP Studio 1 Josie S 6pm - 7pm	Vin Flow Yoga Studio 2 Ava M 6pm - 6:50pm	Barre Above Studio 2 Donna D 6pm - 7pm	Body Pump Studio 1 Kellie L 6:30pm - 7:30pm			Gym Closed Basketball Gym 6pm - 7:30pm
	Guitar Youth and Family Programs 6:30pm - 8:30pm	Sharks Swim Club Aquatics Lap Pool 6:30pm - 7:30pm	Kids Fit Common Area Lawn N A 6:30pm - 7pm				CHEF Series (PAID CLASS) Teaching Kitchen Brenda S 6:30pm - 8pm
	Kids Brazilian Jiu Jitsu Youth and Family Programs 6:30pm - 7:30pm	Kids Advanced Brazilian Jiu Jitsu Youth and Family Programs 6:30pm - 7:30pm	CHEF Bites for All (FREE CLASS) Teaching Kitchen Ida a 6:30pm - 7:30pm				Cycling Cycle Studio Mandi J 6:30pm - 7:30pm
	Kids Fit Common Area Lawn N A 6:30pm - 7pm		MMA for Self Defense Youth and Family Programs 6:30pm - 7:30pm				Kids Advanced Brazilian Jiu Jitsu Youth and Family Programs 6:30pm - 7:30pm
							Sharks Swim Club Aquatics Lap Pool 6:30pm - 7:30pm
7pm	Cycling Cycle Studio Angela H 7pm - 8pm	Bokwa® Dance Studio 1 Sonya R 7pm - 7:50pm	Limited Open Swim (Shallow side only) Aquatics Small Pool 7pm - 8pm	Teens on weights Free Weights Bryan P 7pm - 8pm			Functional Training Snake Pit Mike D 7pm - 8pm
	Vin Flow Yoga Studio 2 Mayra W 7pm - 8pm	Limited Open Swim (Shallow side only) Aquatics Small Pool 7:15pm - 8:15pm	Kids Fit Common Area Lawn N A 7pm - 7:30pm				Limited Open Swim (Shallow side only) Aquatics Small Pool 7pm - 8pm
	Kids Fit Common Area Lawn N A 7pm - 7:30pm	Cardio Wave Aquatics Small Pool Karen R 7:15pm - 8:15pm	Volleyball Open Gym Basketball Gym 7pm - 9pm				Aqua Fit Aquatics Small Pool Jennifer D 7pm - 8pm
	Total Body Strength Studio 1 Donna D 7pm - 7:50pm	Adult Jiu Jitsu Youth and Family Programs 7:30pm - 9pm	LES MILLS™ BODYPUMP Studio 1 Karen R 7:15pm - 8:15pm				ZUMBA™ Studio 1 Lucy Y 7pm - 8pm
	Functional Training Snake Pit Josie S 7:15pm - 8:15pm	Open Lap Swim Aquatics Lap Pool 7:30pm - 9pm	Adult Jiu Jitsu Youth and Family Programs 7:30pm - 9pm				Half Court Open Gym/ Half Court Gym Closed Basketball Gym 7:30pm - 8:30pm
	Aqua Fit Aquatics Small Pool Karen R 7:15pm - 8:15pm						Open Lap Swim Aquatics Lap Pool 7:30pm - 9pm

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	Limited Open Swim (Shallow side only) Aquatics Small Pool 7:15pm - 8:15pm						
	Adult Jiu Jitsu Youth and Family Programs 7:30pm - 9pm						
8pm	Open Gym Basketball Gym 8pm - 10pm	Open Gym Basketball Gym 8pm - 10pm	Open Swim Aquatics Small Pool 8pm - 9pm	Late Night Hoops for Teens Basketball Gym 8pm - 10pm			LES MILLS™ BODYPUMP Studio 1 Karen R 8pm - 9pm
	Limited Open Swim (swim lessons) Aquatics Lap Pool 8pm - 9pm	Open Swim Aquatics Small Pool 8:15pm - 9pm	Limited Open Swim (swim lessons) Aquatics Lap Pool 8pm - 9pm	Kickboxing Studio 1 Jerry M 8pm - 9pm			Open Swim Aquatics Small Pool 8pm - 9pm
	Open Swim Aquatics Small Pool 8:15pm - 9pm						Open Gym Basketball Gym 8:30pm - 10pm

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