



FLOYD COUNTY FAMILY YMCA
January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Lap Swim (6 Lanes) Lap/Instructional Pool 5am - 9:50am	Open Swim Lap/Instructional Pool 5am - 8am	Open Swim Lap/Instructional Pool 5am - 10am	Open Swim Lap/Instructional Pool 5am - 8am			Lap Swim (5 Lanes) Lap/Instructional Pool 5am - 8am
	Open Swim Lap/Instructional Pool 5am - 10am	Lap Swim (5 Lanes) Lap/Instructional Pool 5am - 8am	Lap Swim (6 Lanes) Lap/Instructional Pool 5am - 9:50am	Lap Swim (5 Lanes) Lap/Instructional Pool 5am - 8am			Open Swim Lap/Instructional Pool 5am - 8am
	BODYPUMP Group Exercise Studio 1 (2nd Floor) Brittany N 5:15am - 6:15am	Endurance Ride Cycling Studio - 3rd Floor Michelle C 5:15am - 6:15am	BODYPUMP Group Exercise Studio 1 (2nd Floor) Michelle C 5:15am - 6:15am	Cycling Cycling Studio - 3rd Floor Brittany N 5:15am - 6am			
8am	INSANITY Group Exercise Studio 1 (2nd Floor) Cristy K 8am - 8:50am	Aqua Fit Plus Lap/Instructional Pool Nancy M 8am - 8:50am	Barre Express Group Exercise Studio 2 (3rd Floor) Katie K 8am - 8:25am	Aqua Fit Plus Lap/Instructional Pool Nancy M 8am - 8:50am	Lap Swim (6 Lanes) Lap/Instructional Pool 8am - 9am	Lap Swim (4 Lanes) Lap/Instructional Pool 8am - 1pm	Lap Swim (4 Lanes) Lap/Instructional Pool 8am - 9:50am
	Barre Express Group Exercise Studio 2 (3rd Floor) Katie K 8am - 8:25am	BODYPUMP Group Exercise Studio 1 (2nd Floor) Jeana R 8am - 9am	Active Together Group Exercise Studio 1 (2nd Floor) Cristy K 8am - 9am	Lap Swim (4 Lanes) Lap/Instructional Pool 8am - 9:50am	Kids' Club Open Kids Club 8am - 2pm	Open Swim Lap/Instructional Pool 8am - 1pm	Aqua Fit Plus Lap/Instructional Pool Nancy M 8am - 8:50am
	Kids' Club Open Kids Club 8am - 1pm	Kids' Club Open Kids Club 8am - 1pm	Kids' Club Open Kids Club 8am - 1pm	Kids' Club Open Kids Club 8am - 1pm	INSANITY Group Exercise Studio 1 (2nd Floor) Rotation . 8:05am - 8:55am		Kids' Club Open Kids Club 8am - 1pm
	Stretch and Balance Express Group Exercise Studio 2 (3rd Floor) Katie K 8:30am - 8:50am	Lap Swim (4 Lanes) Lap/Instructional Pool 8am - 9:50am	Stretch and Balance Express Group Exercise Studio 2 (3rd Floor) Katie K 8:30am - 8:50am	BODYPUMP Group Exercise Studio 1 (2nd Floor) Kathleen S 8am - 9am	Cycling Cycling Studio - 3rd Floor Sarah J 8:15am - 9am		BODYPUMP Group Exercise Studio 1 (2nd Floor) Whitney S 8am - 9am
		Open Swim Lap/Instructional Pool 8:50am - 10am		Open Swim Lap/Instructional Pool 8:50am - 10am			Open Swim Lap/Instructional Pool 8:50am - 10am
9am	Pickleball Gymnasium 9am - 11am	Arthritis Aquatic Exercise Warm Water Therapy Pool Margaret B 9am - 9:50am	Zumba Gold Group Exercise Studio 1 (2nd Floor) Sharon W 9am - 9:50am	Arthritis Aquatic Exercise Warm Water Therapy Pool Jill S 9am - 9:50am	Youth Swim Lessons Lap/Instructional Pool 9am - 9:45am	Endurance Ride Cycling Studio - 3rd Floor Ruth Ann S 9am - 10am	Barre Group Exercise Studio 2 (3rd Floor) Katie K 9am - 9:50am
	Beginner Yoga Group Exercise Studio 2 (3rd Floor) Brett S 9am - 9:50am	Pickleball Gymnasium 9am - 11am	Foam Roller Group Exercise Studio 2 (3rd Floor) Alli W 9am - 9:45am	Barre Group Exercise Studio 2 (3rd Floor) Michelle C 9am - 9:50am	Swim Lessons Family Fun Pool 9am - 9:45am	Circuit Group Exercise Studio 1 (2nd Floor) Rotation . 9:15am - 10:15am	Arthritis Aquatic Exercise Warm Water Therapy Pool Jill S 9am - 9:50am
	Zumba Gold Group Exercise Studio 1 (2nd Floor) Sharon W 9am - 9:50am	Barre Group Exercise Studio 2 (3rd Floor) Whitney S 9am - 9:50am	Active Older Adults Warm Water Therapy Pool Jill S 9am - 9:50am	BODYPUMP Group Exercise Studio 1 (2nd Floor) Jeana R 9am - 10am	Preschool Swim Lessons Warm Water Therapy Pool 9am - 9:45am		BODYPUMP Group Exercise Studio 1 (2nd Floor) Cristy K 9am - 10am

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.



FLOYD COUNTY FAMILY YMCA

January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Arthritis Aquatic Exercise Warm Water Therapy Pool Margaret B 9am - 9:50am	BODYPUMP Group Exercise Studio 1 (2nd Floor) Cristy K 9am - 10am	Pickleball Gymnasium 9am - 11am	Lap Swim (3 Lanes) Lap/Instructional Pool 9:50am - 12pm	Lap Swim (3 Lanes) Lap/Instructional Pool 9am - 12pm		Lap Swim (3 Lanes) Lap/Instructional Pool 9:50am - 12pm
	Lap Swim (3 Lanes) Lap/Instructional Pool 9:50am - 12pm	Lap Swim (3 Lanes) Lap/Instructional Pool 9:50am - 12pm	Lap Swim (3 Lanes) Lap/Instructional Pool 9:50am - 12pm		Circuit Group Exercise Studio 1 (2nd Floor) Rotation . 9am - 9:50am		
					Parent/Child Swim Lessons Warm Water Therapy Pool 9:15am - 9:45am		
10am	POUND Fitness Group Exercise Studio 1 (2nd Floor) Michelle C 10am - 10:45am	Deep Water Lap/Instructional Pool Michele A 10am - 10:50am	Deep Water Lap/Instructional Pool Rotation . 10am - 10:50am	Open Swim Family Fun Pool 10am - 1pm	Parent/Child Swim Lessons Warm Water Therapy Pool 10am - 10:30am	Open Swim Family Fun Pool 10am - 5:45pm	Water Pilates Warm Water Therapy Pool Jill S 10am - 10:50am
	Water Pilates Warm Water Therapy Pool Margaret B 10am - 10:50am	Water Pilates Warm Water Therapy Pool Conra C 10am - 10:50am	Water Pilates Warm Water Therapy Pool Jill S 10am - 10:50am	Cycling Cycling Studio - 3rd Floor Michelle C 10am - 10:45am	Open Swim Family Fun Pool 10am - 5:45pm	BODYPUMP Group Exercise Studio 1 (2nd Floor) Audrey S 10:30am - 11:30am	Cycling Cycling Studio - 3rd Floor Sarah J 10am - 10:45am
	Cycling Cycling Studio - 3rd Floor Megan H 10am - 10:45am	Cycling Cycling Studio - 3rd Floor Brittany N 10am - 10:45am	Back To Basics Group Exercise Studio 1 (2nd Floor) Sharon W 10am - 10:45am	Water Pilates Warm Water Therapy Pool Jill S 10am - 10:50am	Xtreme Scene Open Xtreme Scene 10am - 2pm		Deep Water Fitness Lap/Instructional Pool Michele A 10am - 10:50am
	Deep Water Lap/Instructional Pool Rotation . 10am - 10:50am	Circuit Group Exercise Studio 1 (2nd Floor) Chad C 10:15am - 11:15am	Cycling Cycling Studio - 3rd Floor Megan H 10am - 10:45am	Deep Water Lap/Instructional Pool Courtney P 10am - 10:50am	Preschool Swim Lessons Warm Water Therapy Pool 10am - 10:45am		Circuit Group Exercise Studio 1 (2nd Floor) Rotation . 10:15am - 11:15am
				Step Express Group Exercise Studio 1 (2nd Floor) Jeana R 10:15am - 11:15am	BODYPUMP Group Exercise Studio 1 (2nd Floor) Rotation . 10am - 11am		
					Youth Swim Lessons Lap/Instructional Pool 10am - 10:45am		
					Swim Lessons Family Fun Pool 10am - 10:45am		
					Parent/Child Swim Lessons Warm Water Therapy Pool 10:45am - 11:15am		

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.



FLOYD COUNTY FAMILY YMCA
January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
11am	Preschool Swim Lessons Warm Water Therapy Pool 11am - 11:45am	Active Older Adults Warm Water Therapy Pool Conra C 11am - 11:50am	Preschool Swim Lessons Warm Water Therapy Pool 11am - 11:45am	Aqua Fit Lap/Instructional Pool YMCA Staff 11am - 11:50am	Swim Lessons Family Fun Pool 11am - 11:45am		Active Older Adults Warm Water Therapy Pool Jill S 11am - 11:50am
	Aqua Fit Lap/Instructional Pool Rotation . 11am - 11:50am	Aqua Fit Lap/Instructional Pool Michele A 11am - 11:50am	Aqua Fit Lap/Instructional Pool Rotation . 11am - 11:50am	Active Older Adults Warm Water Therapy Pool Jill S 11am - 11:50am	Youth Swim Lessons Lap/Instructional Pool 11am - 11:45am		Aqua Fit Lap/Instructional Pool Michele A 11am - 11:50am
	SilverSneakers Classic Group Exercise Studio 2 (3rd Floor) Mary C 11:15am - 12pm		SilverSneakers Classic Group Exercise Studio 2 (3rd Floor) Mary C 11:15am - 12pm		Preschool Swim Lessons Warm Water Therapy Pool 11am - 11:45am		
					Parent/Child Swim Lessons Warm Water Therapy Pool 11:30am - 12pm		
					Open Swim Lap/Instructional Pool 11:45am - 5:45pm		
12pm	BODYPUMP Express Group Exercise Studio 1 (2nd Floor) Michelle C 12pm - 12:45pm	Yoga Group Exercise Studio 1 (2nd Floor) Brett S 12pm - 12:45pm	Open Swim Lap/Instructional Pool 12pm - 4pm	Open Swim Lap/Instructional Pool 12pm - 4pm	Rock Wall Open: Open Climb Rock Wall 12pm - 3pm	Rock Wall Open: Open Climb Rock Wall 12pm - 3pm	Lap Swim (4 Lanes) Lap/Instructional Pool 12pm - 4pm
	Open Swim Lap/Instructional Pool 12pm - 4pm	Open Swim Lap/Instructional Pool 12pm - 4pm	Lap Swim (4 Lanes) Lap/Instructional Pool 12pm - 4pm	Lap Swim (4 Lanes) Lap/Instructional Pool 12pm - 4pm	Adaptive Swim Lessons Warm Water Therapy Pool 12pm - 12:30pm	Active Older Adults Warm Water Therapy Pool Rotation . 12pm - 12:50pm	Open Swim Lap/Instructional Pool 12pm - 4pm
	Lap Swim (4 Lanes) Lap/Instructional Pool 12pm - 4pm	Lap Swim (4 Lanes) Lap/Instructional Pool 12pm - 4pm	BODYPUMP Express Group Exercise Studio 1 (2nd Floor) Roxanne K 12pm - 12:45pm		Lap Swim (3 Lanes) Lap/Instructional Pool 12pm - 5:45pm	Pool Slide Open Family Fun Pool 12pm - 5pm	
	Senior Fitness Playdate Group Exercise Studio 2 (3rd Floor) Mary C 12:15pm - 1pm		Senior Fitness Playdate Group Exercise Studio 2 (3rd Floor) Mary C 12:15pm - 1pm		Pool Slide Open Family Fun Pool 12pm - 5pm		
					Swim Testing Lap/Instructional Pool 1pm - 1:30pm	Swim Testing Lap/Instructional Pool 1pm - 1:30pm	
1pm					Preschool Swim Lessons Warm Water Therapy Pool 1pm - 1:45pm		

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.



FLOYD COUNTY FAMILY YMCA
January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
2pm						Youth Swim Lessons Lap/Instructional Pool 1pm - 1:45pm	
						Kids' Club Open Kids Club 1pm - 4pm	
						Power Yoga Group Exercise Studio 1 (2nd Floor) Denise I 1pm - 1:50pm	
						Lap Swim (3 Lanes) Lap/Instructional Pool 1pm - 3pm	
						Xtreme Scene Open Xtreme Scene 1pm - 4pm	
						U-JAM Fitness Group Exercise Studio 1 (2nd Floor) Heather C 2pm - 3pm	
						Preschool Swim Lessons Warm Water Therapy Pool 2pm - 2:45pm	
						Youth Swim Lessons Lap/Instructional Pool 2pm - 2:45pm	
3pm						Open Swim Lap/Instructional Pool 2:45pm - 5:45pm	
						Lap Swim (3 Lanes) Lap/Instructional Pool 3pm - 5:45pm	
4pm	Xtreme Scene Open Xtreme Scene 4pm - 8pm	Open Swim Family Fun Pool 4pm - 8pm	Youth Swim Lessons Lap/Instructional Pool 4pm - 4:45pm	Xtreme Scene Open Xtreme Scene 4pm - 8pm			Swim Testing Lap/Instructional Pool 4pm - 4:15pm
	Rock Wall Open: Open Climb Rock Wall 4pm - 7pm	Lap Swim (2 Lanes) Lap/Instructional Pool 4pm - 6pm	Kids' Club Open Kids Club 4pm - 8pm	Swim Testing Lap/Instructional Pool 4pm - 4:15pm			Lap Swim (2 Lanes) Lap/Instructional Pool 4pm - 6pm
	Open Swim Family Fun Pool 4pm - 8pm	Rock Wall Open: Open Climb Rock Wall 4pm - 5:30pm	Lap Swim (3 Lanes) Lap/Instructional Pool 4pm - 7pm	Rock Wall Open: Open Climb Rock Wall 4pm - 7pm			Youth Swim Lessons Lap/Instructional Pool 4pm - 4:45pm
	Preschool Swim Lessons Warm Water Therapy Pool 4pm - 4:45pm	Kids' Club Open Kids Club 4pm - 8pm	Open Swim Family Fun Pool 4pm - 8pm	Lap Swim (3 Lanes) Lap/Instructional Pool 4pm - 6pm			Preschool Swim Lessons Warm Water Therapy Pool 4pm - 4:45pm

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.



FLOYD COUNTY FAMILY YMCA
January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Kids' Club Open Kids Club 4pm - 8pm	Xtreme Scene Open Xtreme Scene 4pm - 8pm	Swim Testing Lap/Instructional Pool 4pm - 4:15pm	Kids' Club Open Kids Club 4pm - 8pm			Kids' Club Open Kids Club 4pm - 8pm
	Youth Swim Lessons Lap/Instructional Pool 4pm - 4:45pm	Youth Swim Lessons Lap/Instructional Pool 4pm - 4:45pm	Preschool Swim Lessons Warm Water Therapy Pool 4pm - 4:45pm	Open Swim Family Fun Pool 4pm - 8pm			Xtreme Scene Open Xtreme Scene 4pm - 8pm
	Swim Testing Lap/Instructional Pool 4pm - 4:15pm	Swim Testing Lap/Instructional Pool 4pm - 4:15pm	Xtreme Scene Open Xtreme Scene 4pm - 8pm	Pool Slide Open Family Fun Pool 4:15pm - 8pm			Rock Wall Open: Open Climb Rock Wall 4pm - 5:30pm
	Lap Swim (3 Lanes) Lap/Instructional Pool 4pm - 7pm	Preschool Swim Lessons Warm Water Therapy Pool 4pm - 4:45pm	Rock Wall Open: Open Climb Rock Wall 4pm - 7pm	POUND Fitness Group Exercise Studio 1 (2nd Floor) Michelle C 4:30pm - 5:15pm			Open Swim Family Fun Pool 4pm - 8pm
	Pool Slide Open Family Fun Pool 4:15pm - 8pm	Pool Slide Open Family Fun Pool 4:15pm - 8pm	Pool Slide Open Family Fun Pool 4:15pm - 8pm				Pool Slide Open Family Fun Pool 4:15pm - 8pm
	Turbo Kick Group Exercise Studio 1 (2nd Floor) Amanda J 4:30pm - 5:20pm	Zumba Group Exercise Studio 1 (2nd Floor) Kate H 4:30pm - 5:20pm	Circuit Group Exercise Studio 1 (2nd Floor) Katlin O 4:30pm - 5:20pm				Zumba Group Exercise Studio 1 (2nd Floor) Kate H 4:30pm - 5:20pm
							Cycling Cycling Studio - 3rd Floor Deana M 4:30pm - 5:15pm
5pm	Preschool Swim Lessons Warm Water Therapy Pool 5pm - 5:45pm	Youth Swim Lessons Lap/Instructional Pool 5pm - 5:45pm	Youth Swim Lessons Lap/Instructional Pool 5pm - 5:45pm	Swim Testing Lap/Instructional Pool 5pm - 5:15pm			Preschool Swim Lessons Warm Water Therapy Pool 5pm - 5:45pm
	Youth Swim Lessons Lap/Instructional Pool 5pm - 5:45pm	Swim Testing Lap/Instructional Pool 5pm - 5:15pm	Swim Testing Lap/Instructional Pool 5pm - 5:15pm	Triple Threat Group Exercise Studio 2 (3rd Floor) Dana L 5:45pm - 6:45pm			Youth Swim Lessons Lap/Instructional Pool 5pm - 5:45pm
	Swim Testing Lap/Instructional Pool 5pm - 5:15pm	Preschool Swim Lessons Warm Water Therapy Pool 5pm - 5:45pm	Preschool Swim Lessons Warm Water Therapy Pool 5pm - 5:45pm				Swim Testing Lap/Instructional Pool 5pm - 5:15pm
	Power Fusion Group Exercise Studio 2 (3rd Floor) Whitney S 5:30pm - 6:20pm	Cycling Cycling Studio - 3rd Floor Rotation . 5:30pm - 6:15pm	Cardio Hip Hop Group Exercise Studio 1 (2nd Floor) Courtney S 5:30pm - 6:30pm				Parent/Child Swim Lessons Warm Water Therapy Pool 5:30pm - 6pm

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.



FLOYD COUNTY FAMILY YMCA
January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	Cardio Hip Hop Group Exercise Studio 1 (2nd Floor) Courtney S 5:30pm - 6:30pm	BODYPUMP Group Exercise Studio 1 (2nd Floor) Kathleen W 5:30pm - 6:30pm	PiYo Strength Group Exercise Studio 2 (3rd Floor) Sue P 5:30pm - 6:20pm				Barre Group Exercise Studio 2 (3rd Floor) Meghan C 5:30pm - 6:30pm
		Rock Wall Open: Adults Only (Ages 18 and Up) Rock Wall 5:30pm - 7pm					Rock Wall Open: Adults Only (Ages 18 and Up) Rock Wall 5:30pm - 7pm
							BODYPUMP Group Exercise Studio 1 (2nd Floor) Kathleen W 5:30pm - 6:30pm
6pm	Youth Swim Lessons Lap/Instructional Pool 6pm - 6:45pm	Preschool Swim Lessons Warm Water Therapy Pool 6pm - 6:45pm	Youth Swim Lessons Lap/Instructional Pool 6pm - 6:45pm	Water Pilates Warm Water Therapy Pool Kat M 6pm - 6:50pm			Youth Swim Lessons Lap/Instructional Pool 6pm - 6:45pm
	Arthritis Aquatic Exercise Warm Water Therapy Pool Mary H 6pm - 6:50pm	Youth Swim Lessons Lap/Instructional Pool 6pm - 6:45pm	Arthritis Aquatic Exercise Warm Water Therapy Pool Mary H 6pm - 6:50pm	Aqua Fit Plus Lap/Instructional Pool Jenn R 6pm - 6:50pm			Adult Swim Lessons Lap/Instructional Pool 6pm - 6:45pm
	Aqua Fit Plus Lap/Instructional Pool Kathy M 6pm - 6:50pm	Adult Swim Lessons Lap/Instructional Pool 6pm - 6:45pm	Aqua Fit Plus Lap/Instructional Pool Karen W 6pm - 6:50pm	Lap Swim (2 Lanes) Lap/Instructional Pool 6pm - 9pm			Aqua Fit Plus Lap/Instructional Pool Karen W 6pm - 6:50pm
	Cycling Cycling Studio - 3rd Floor Jami P 6:30pm - 7:15pm	Aqua Fit Plus Lap/Instructional Pool Karen W 6pm - 6:50pm	Cycling Cycling Studio - 3rd Floor Sue P 6:30pm - 7:15pm				Lap Swim (1 Lane) Lap/Instructional Pool 6pm - 7pm
		Lap Swim (1 Lane) Lap/Instructional Pool 6pm - 7pm					Parent/Child Swim Lessons Warm Water Therapy Pool 6pm - 6:30pm
		INSANITY Group Exercise Studio 1 (2nd Floor) Kerri or Audrey 6:45pm - 7:35pm					Preschool Swim Lessons Warm Water Therapy Pool 6pm - 6:45pm
							Kempo Cycling Studio - 3rd Floor Wayne Z 6:40pm - 8:30pm
							Circuit Group Exercise Studio 1 (2nd Floor) Dana P 6:45pm - 7:45pm

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.



FLOYD COUNTY FAMILY YMCA
January 22nd - January 28th

33 State Street
New Albany, IN 47150
(812) 206 0688

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
7pm	Low Impact Warm Water Therapy Pool Mary H 7pm - 7:50pm	Yoga Multipurpose Room Brett S 7pm - 8pm	Low Impact Warm Water Therapy Pool Mary H 7pm - 7:50pm	Open Swim Lap/Instructional Pool 7pm - 9pm			Open Swim Lap/Instructional Pool 7pm - 9pm
	Lap Swim (3 Lanes) Lap/Instructional Pool 7pm - 9pm	Active Older Adults Water Warm Water Therapy Pool Margaret B 7pm - 7:50pm	Lap Swim (3 Lanes) Lap/Instructional Pool 7pm - 9pm				Active Older Adults Warm Water Therapy Pool Margaret B 7pm - 7:50pm
	Open Swim Lap/Instructional Pool 7pm - 9pm	Lap Swim (3 Lanes) Lap/Instructional Pool 7pm - 9pm	Open Swim Lap/Instructional Pool 7pm - 9pm				Yoga Multipurpose Room Brett S 7pm - 8pm
		Open Swim Lap/Instructional Pool 7pm - 9pm					Lap Swim (3 Lanes) Lap/Instructional Pool 7pm - 9pm
		Kempo Cycling Studio - 3rd Floor Wayne Z 7:30pm - 9pm					

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.