



Ballentine Family YMCA
June 22nd - June 28th

1079 Dutch Fork Road
Irmo, SC 29063
803-753-6004

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
5am	Total Strength Plus Group Exercise Studio Courtney . 5:15am - 6am		Total Strength Plus Group Exercise Studio Courtney . 5:15am - 6am	Kettlebell Group Exercise Studio Amy . 5:15am - 6am			
6am		Cycle Cycle Studio Rebecca . 6:15am - 7am					
7am				LES MILLS BODYPUMP Group Exercise Studio Alison . 7am - 8am			
8am	LES MILLS - CORE Group Exercise Studio Joanna . 8:15am - 9am	Total Strength Plus Intervals Group Exercise Studio Leslie . 8am - 8:45am	Strength & Stability Group Exercise Studio Joanna . 8:15am - 9am	LES MILLS BODYPUMP Group Exercise Studio Allison . 8:15am - 9:15am	CYCLE LES MILLS RPM Cycle Studio Paula . 8:30am - 9:15am		
9am	Kettlebell Group Exercise Studio Joanna . 9:15am - 10am	LES MILLS BODYPUMP Group Exercise Studio Karen . 9am - 10am	Kettlebell Group Exercise Studio Joanna . 9:15am - 10am	Total Strength Plus Intervals Group Exercise Studio Leslie . 9:30am - 10:15am	Total Strength Plus Group Exercise Studio Rotation of Instructors . . 9:30am - 10:15am		LES MILLS - CORE Group Exercise Studio Joanna . 9:30am - 10:15am
10am		Yoga Group Exercise Studio Sandra . 10:15am - 11:15am	Beats/Fluidity Group Exercise Studio Christy . 10:15am - 11am	Yoga Group Exercise Studio Sandra . 10:30am - 11:30am			Yoga Group Exercise Studio Dianne . 10:30am - 11:30am
11am	Zumba Gold Group Exercise Studio Lisa . 11am - 11:45am		Cardio Jam Group Exercise Studio Christy . 11:15am - 12pm				
2pm						Zumba Group Exercise Studio Rotation of Instructors . . 2:30pm - 3:30pm	
5pm	CYCLE LES MILLS RPM Cycle Studio Paula . 5pm - 5:45pm	Kettlebell Group Exercise Studio Joanna . 5pm - 5:45pm	CYCLE LES MILLS RPM Cycle Studio Paula . 5pm - 5:45pm				
	LES MILLS GRIT Group Exercise Studio Melissa . 5:30pm - 6:15pm		LES MILLS GRIT Group Exercise Studio Melissa . 5:30pm - 6:15pm				
6pm	Zumba Group Exercise Studio Tammie . 6:30pm - 7:30pm		Zumba Group Exercise Studio Harry . 6:30pm - 7:30pm				

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.