



MacColl YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Pickleball Outdoor REGISTER						7:00AM-8:00AM (General) <i>Staff</i> 8:00AM-9:00AM (General) <i>Staff</i> 9:00AM-10:00AM (General) <i>Staff</i> 10:00AM-11:00AM (General) <i>Staff</i> 11:00AM-12:00PM (General) <i>Staff</i> 12:00PM-1:00PM (General) <i>Staff</i> 1:00PM-2:00PM (General) <i>Staff</i> 2:00PM-3:00PM (General) <i>Staff</i> 3:00PM-4:00PM (General) <i>Staff</i> 4:00PM-5:00PM (General) <i>Staff</i>	7:00AM-8:00AM (General) <i>Staff</i> 8:00AM-9:00AM (General) <i>Staff</i> 9:00AM-10:00AM (General) <i>Staff</i> 10:00AM-11:00AM (General) <i>Staff</i> 11:00AM-12:00PM (General) <i>Staff</i> 12:00PM-1:00PM (General) <i>Staff</i> 1:00PM-2:00PM (General) <i>Staff</i> 2:00PM-3:00PM (General) <i>Staff</i> 3:00PM-4:00PM (General) <i>Staff</i> 4:00PM-5:00PM (General) <i>Staff</i>
Strength Train Together Studio A						7:15AM-8:15AM (Strength) <i>Tammy B.</i>	10:45AM-11:45AM (Strength) <i>Denise H.</i>
Spin Program Room 3 (Downstairs-Main Building) REGISTER						7:15AM-8:15AM (Cardio) <i>Stephanie M.</i>	8:30AM-9:30AM (Cardio) <i>Selena S.</i>

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Werq Studio A						8:30AM-9:30AM (General) <i>Corey</i>	
Spin and Sculpt Program Room 3 (Downstairs-Main Building) REGISTER						9:00AM-10:00AM (Cardio) <i>Tami L.</i>	
Yoga Studio A						9:45AM-10:45AM (Mind & Body) <i>Gabrielle D.</i>	8:15AM-9:15AM (Mind & Body) <i>Gabrielle D.</i>
Zumba Studio A						11:00AM-12:00PM (Dance) <i>Nancy D.</i>	9:30AM-10:30AM (Dance) <i>Denise H.</i>
Pop Up Somatic Movement Studio A						12:15PM-1:15PM (Mind & Body) <i>Joanna P.</i>	
Total Body Conditioning Studio A							7:15AM-8:00AM (Strength) <i>Selena S.</i>



Pawtucket Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycling Cycling Room						8:00AM-9:00AM (General) <i>Jovina S.</i>	
Full Body HIIT Group Ex Studio						8:30AM-9:30AM (Strength) <i>Lynne N.</i>	
Zumba Group Ex Room						9:30AM-10:30AM (Cardio) <i>Denise H.</i>	
Balance and Flex Together Group Ex Studio						10:30AM-11:30AM (General) <i>Denise H.</i>	