



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STUDIO B CLASS SCHEDULE

James Family Prescott YMCA

November 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle	9:15-10:45a Rhythm Intervals Jody 11/5 & 11/19 only	8:30-9:30a Rhythm Ride Bridgett 10:00-11:00a Intervals Janice 12:00-1:00p Marsha 4:30-5:00p Rhythm Ride Cindy	6:00-7:00a Interval Janice 9:00-10:00a Rhythm Intervals Jody 5:30-6:30p Rhythm Interval Nino	8:30-9:30a Beginning Cycle Janice 10:00-11:00a Spinervals Chris S 12:00-1:00p Nino 4:30-5:15** Bridgett 5:30-6:15p Beginners Cycle Cindy	6:00-7:00a Interval Janice 9:00-10:00a Rhythm Intervals Jody 5:30-6:15p Ripped Ride Cindy	8:30-9:30a Rhythm Intervals Jody 12:00-1:00p Janice	7:30-8:30a Intervals Janice
Abs		5:00-5:30p Cindy		6:15-6:45p Cindy	6:15-6:45p Cindy		

\$ = Fee Class ** = New Class or Class Change