



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

STUDIO C CLASS SCHEDULE

James Family Prescott YMCA

November 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
After School Programs		2:30-6:00p	1:00-6:00p	1:00-6:00p	1:00-6:00p	2:30-6:00p	
Foam Roller			9:30-10:25a Cathy		9:30-10:25a Cathy		
Martial Arts \$			7:15-8:15p Ju-Jitsu Steve		6:30-7:30p Self Defense Carlos/Robert		
Pilates \$		10:00-11:00a Nino		10:00-11:00a Nino			
POUND				9:00-9:50a Tiger			
Yoga		8:30-9:45a Women's Fusion Flow Yoga Tiger	10:35-11:50a Yoga/Stretch _____		8:30-9:25a Women's Fusion Flow Yoga Nikki 10:35-11:50a Yoga/Stretch Cathy		

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