



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STUDIO B CLASS SCHEDULE

## James Family Prescott YMCA

### December 2018

|       | SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                          |
|-------|---|---|---|--|---|---|-----------------------------------|
| Cycle | 9:15-10:45a<br>Rhythm Intervals<br>Jody<br>12/2 & 12/16<br>only | 8:30-9:30a<br>Rhythm Ride<br>Bridgett<br><br>10:00-11:00a<br>Intervals<br>Janice<br><br>12:00-1:00p<br>Marsha<br><br>4:30-5:00p<br>Rhythm Ride<br>Cindy | 6:00-7:00a<br>Interval<br>Janice<br><br>9:00-10:00a<br>Rhythm Intervals<br>Jody | 8:30-9:30a<br>Beginning Cycle<br>Janice<br><br>10:00-11:00a<br>Rock n Ride<br>Chris S<br><br>12:00-1:00p<br>Nino<br><br>5:30-6:15p<br>Beginners Cycle<br>Cindy | 6:00-7:00a<br>Interval<br>Janice<br><br>9:00-10:00a<br>Rhythm Intervals<br>Jody | 8:30-9:30a<br>Rhythm Intervals<br>Jody<br><br>10:00-11:00a<br>Janice<br><br>12:00-1:00p<br>Janice | 7:30-8:30a<br>Intervals<br>Janice |
| Abs   |   | 5:00-5:30p<br>Cindy   |   | 5:00-5:30p **<br>Cindy   |   |   |                                   |

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