



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# STUDIO B CLASS SCHEDULE

James Family Prescott YMCA  
 January 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cycle</b>	9:15-10:45a Rhythm Intervals Jody 1/6 & 1/20 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	8:30-9:30a Beginning Cycle Janice  10:00-11:00a Rock n Ride Chris S  12:00-1:00p Nino  5:30-6:15p Beginners Cycle Cindy	6:00-7:00a Interval Janice  9:00-10:00a Rhythm Intervals Jody	8:30-9:30a Rhythm Intervals Jody  10:00-11:00a Janice  12:00-1:00p Janice	7:30-8:30a Intervals Janice
<b>Abs</b>		5:00-5:30p Cindy		5:00-5:30p ** Cindy			

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