

YMCA - Marinette-Menominee Virtual Group Exercise Schedule

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Y-Outback		Y-Outback		Y-Outback		Y-Outback		Y-Outback		Y-Outback		Y-Outback	
6:00AM - 7:00AM	<i>VIRTUAL BODYFLOW</i> 60 Mins	7:30AM - 8:15AM	<i>VIRTUAL BODYATTACK 45</i> Mins	6:45AM - 7:45AM	<i>VIRTUAL BODYFLOW 60</i> Mins	7:15AM - 8:15AM	<i>VIRTUAL BODYATTACK</i> 60 Mins	5:55AM - 6:25AM	<i>VIRTUAL CORE</i> 30 Mins	6:15AM - 6:45AM	<i>VIRTUAL GRIT</i> Cardio 30 Mins	7:30AM - 8:00AM	<i>VIRTUAL GRIT</i> Strength 30 Mins
8:20AM - 8:50AM	<i>VIRTUAL BARRE 30</i> Mins	9:40AM - 10:00AM	<i>VIRTUAL BODYFLOW</i> Yoga	7:45AM - 8:30AM	<i>VIRTUAL BODYATTACK 45</i> Mins	9:40AM - 10:00AM	<i>VIRTUAL BODYFLOW</i> Yoga	7:45AM - 8:15AM	<i>VIRTUAL CORE</i> 30 Mins	9:15AM - 9:45AM	<i>VIRTUAL BARRE</i> 30 Mins	8:10AM - 8:30AM	<i>VIRTUAL BODYFLOW</i> Yoga
11:15AM - 11:45AM	<i>VIRTUAL GRIT</i> Athletic 30 Mins	Cycle Studio		12:10PM - 12:40PM	<i>VIRTUAL BODYCOMBAT</i> 30 Mins	11:15AM - 11:45AM	<i>VIRTUAL GRIT</i> Strength 30 Mins	12:00PM - 12:30PM	<i>VIRTUAL BODYFLOW</i> Strength	10:00AM - 10:45AM	<i>VIRTUAL BODYATTACK</i> 45 Mins	10:00AM - 10:20AM	<i>VIRTUAL BODYFLOW</i> Yoga
12:10PM - 12:40PM	<i>VIRTUAL BODYATTACK 30</i> Mins	3:45AM - 4:35AM	<i>VIRTUAL RPM 50</i> Mins	3:30PM - 4:00PM	<i>VIRTUAL SH'BAM</i> 30 Mins	12:10PM - 12:40PM	<i>VIRTUAL CORE 30</i> Mins	1:45PM - 2:15PM	<i>VIRTUAL SH'BAM</i> 30 Mins	12:30PM - 1:00PM	<i>VIRTUAL GRIT</i> Cardio 30 Mins	10:30AM - 11:00AM	<i>VIRTUAL GRIT</i> Athletic 30 Mins
2:00PM - 2:30PM	<i>VIRTUAL BODYCOMBAT 30</i> Mins	6:00AM - 6:50AM	<i>VIRTUAL RPM 50</i> Mins	7:25PM - 7:40PM	<i>VIRTUAL BODYFLOW</i> Express Flexibility	2:00PM - 2:30PM	<i>VIRTUAL BODYCOMBAT</i> 30 Mins	3:30PM - 4:00PM	<i>VIRTUAL GRIT</i> Athletic 30 Mins	1:15PM - 2:15PM	<i>VIRTUAL BODYCOMBAT</i> 60 Mins	11:15AM - 12:00PM	<i>VIRTUAL BODYFLOW</i> 45 Mins
2:45PM - 3:45PM	<i>VIRTUAL BODYFLOW</i> 60 Mins	8:15AM - 9:05AM	<i>VIRTUAL RPM 50</i> Mins	Cycle Studio		4:00PM - 4:30PM	<i>VIRTUAL GRIT</i> Strength 30 Mins	4:30PM - 5:30PM	<i>VIRTUAL BODYATTACK 60</i> Mins	2:30PM - 3:15PM	<i>VIRTUAL BODYFLOW 45</i> Mins	12:15PM - 1:15PM	<i>VIRTUAL BODYATTACK</i> 60 Mins
6:15PM - 6:45PM	<i>VIRTUAL CORE 30</i> Mins	10:00AM - 10:50AM	<i>VIRTUAL RPM 50</i> Mins	3:45AM - 4:35AM	<i>VIRTUAL RPM 50</i> Mins	4:30PM - 5:00PM	<i>VIRTUAL CORE 30</i> Mins	5:45PM - 6:15PM	<i>VIRTUAL GRIT</i> Strength 30 Mins	3:30PM - 4:00PM	<i>VIRTUAL BARRE</i> 30 Mins	Cycle Studio	
6:45PM - 7:15PM	<i>VIRTUAL GRIT</i> Strength 30 Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	5:50AM - 6:40AM	<i>VIRTUAL RPM 50</i> Mins	6:20PM - 6:40PM	<i>VIRTUAL BODYFLOW</i> Yoga	Cycle Studio		3:45AM - 4:35AM	<i>VIRTUAL RPM 50</i> Mins	7:15AM - 7:45AM	<i>VIRTUAL RPM 30</i> Mins
7:15PM - 7:30PM	<i>VIRTUAL BODYFLOW</i> Express Flexibility	4:20PM - 5:10PM	<i>VIRTUAL RPM 50</i> Mins	7:00AM - 7:50AM	<i>VIRTUAL RPM 50</i> Mins	8:30AM - 9:20AM	<i>VIRTUAL RPM 50</i> Mins	9:45AM - 10:35AM	<i>VIRTUAL RPM 50</i> Mins	9:45AM - 10:35AM	<i>VIRTUAL RPM 50</i> Mins	9:00AM - 9:50AM	<i>VIRTUAL RPM 50</i> Mins
Cycle Studio		5:15PM - 6:05PM	<i>VIRTUAL RPM 50</i> Mins	8:30AM - 9:20AM	<i>VIRTUAL RPM 50</i> Mins	9:45AM - 10:35AM	<i>VIRTUAL RPM 50</i> Mins	11:00AM - 11:50AM	<i>VIRTUAL RPM 50</i> Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	10:05AM - 10:55AM	<i>VIRTUAL RPM 50</i> Mins
3:45AM - 4:35AM	<i>VIRTUAL RPM 50</i> Mins	Studio 4		11:00AM - 11:50AM	<i>VIRTUAL RPM 50</i> Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	12:10PM - 12:40PM	<i>VIRTUAL GRIT</i> Athletic 30 Mins	4:00PM - 4:50PM	<i>VIRTUAL RPM 50</i> Mins	11:10AM - 12:00PM	<i>VIRTUAL RPM 50</i> Mins
5:00AM - 5:50AM	<i>VIRTUAL RPM 50</i> Mins	6:00AM - 6:30AM	<i>VIRTUAL CORE</i> 30 Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	4:10PM - 5:00PM	<i>VIRTUAL RPM 50</i> Mins	7:00PM - 7:30PM	<i>VIRTUAL GRIT</i> Athletic 30 Mins	5:00PM - 5:50PM	<i>VIRTUAL RPM 50</i> Mins	12:15PM - 12:45PM	<i>VIRTUAL RPM 30</i> Mins
6:55AM - 7:45AM	<i>VIRTUAL RPM 50</i> Mins	9:30AM - 10:00AM	<i>VIRTUAL BARRE</i> 30 Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	5:15PM - 6:05PM	<i>VIRTUAL RPM 50</i> Mins	Cycle Studio		12:30PM - 1:20PM	<i>VIRTUAL RPM 50</i> Mins	12:15PM - 12:45PM	<i>VIRTUAL RPM 30</i> Mins
9:45AM - 10:35AM	<i>VIRTUAL RPM 50</i> Mins	1:00PM - 1:30PM	<i>VIRTUAL BARRE</i> 30 Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	6:50PM - 7:40PM	<i>VIRTUAL RPM 50</i> Mins	3:45AM - 4:35AM	<i>VIRTUAL RPM 50</i> Mins	1:45PM - 2:35PM	<i>VIRTUAL RPM 50</i> Mins	Studio 4	
11:15AM - 11:45AM	<i>VIRTUAL RPM 30</i> Mins	1:45PM - 2:15PM	<i>VIRTUAL BODYCOMBAT 30</i> Mins	4:10PM - 5:00PM	<i>VIRTUAL RPM 50</i> Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	7:45AM - 8:15AM	<i>VIRTUAL RPM 30</i> Mins	3:00PM - 3:50PM	<i>VIRTUAL RPM 50</i> Mins	7:45AM - 8:15AM	<i>VIRTUAL GRIT</i> Cardio 30 Mins
1:00PM - 1:50PM	<i>VIRTUAL RPM 50</i> Mins	2:30PM - 3:00PM	<i>VIRTUAL SH'BAM</i> 30 Mins	4:10PM - 5:00PM	<i>VIRTUAL RPM 50</i> Mins	5:15PM - 6:05PM	<i>VIRTUAL RPM 50</i> Mins	9:45AM - 10:15AM	<i>VIRTUAL RPM 30</i> Mins	4:15PM - 4:45PM	<i>VIRTUAL RPM 30</i> Mins	8:45AM - 9:30AM	<i>VIRTUAL BODYATTACK</i> 45 Mins
7:00PM - 7:50PM	<i>VIRTUAL RPM 50</i> Mins	6:00PM - 7:00PM	<i>VIRTUAL Born To Move School</i> Years 8-12 years 50m - R20 - (Full Class)	5:15PM - 6:05PM	<i>VIRTUAL RPM 50</i> Mins	6:50PM - 7:40PM	<i>VIRTUAL RPM 50</i> Mins	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	7:00AM - 7:45AM	<i>VIRTUAL BODYFLOW 45</i> Mins	11:00AM - 11:30AM	<i>VIRTUAL Born To Move School</i> Years 8-12 years 30m - R22 - (Full Class)
Studio 4				12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	Studio 4		12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	9:25AM - 9:40AM	<i>VIRTUAL BODYFLOW</i> Express Flexibility	11:00AM - 11:30AM	<i>VIRTUAL Born To Move School</i> Years 8-12 years 30m - R22 - (Full Class)
4:45AM - 5:45AM	<i>VIRTUAL BODYCOMBAT 60</i> Mins			12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	4:35AM - 5:05AM	<i>VIRTUAL BODYATTACK 30</i> Mins	1:00PM - 1:50PM	<i>VIRTUAL RPM 50</i> Mins	9:50AM - 10:20AM	<i>VIRTUAL BARRE</i> 30 Mins	11:30AM - 12:30PM	<i>VIRTUAL BODYATTACK</i> 60 Mins
9:45AM - 10:15AM	<i>VIRTUAL BARRE 30</i> Mins			6:10AM - 6:40AM	<i>VIRTUAL GRIT</i> Strength 30 Mins	6:10AM - 6:40AM	<i>VIRTUAL GRIT</i> Strength 30 Mins	3:00PM - 3:50PM	<i>VIRTUAL RPM 50</i> Mins	3:45PM - 4:15PM	<i>VIRTUAL Born To Move School</i> Years 6-7 years 30m - R20 - Love Always Comes Around		
12:10PM - 12:40PM	<i>VIRTUAL BARRE 30</i> Mins			8:00AM - 8:30AM	<i>VIRTUAL BARRE</i> 30 Mins	8:00AM - 8:30AM	<i>VIRTUAL BARRE</i> 30 Mins	5:15PM - 6:05PM	<i>VIRTUAL RPM 50</i> Mins	7:00AM - 7:45AM	<i>VIRTUAL BODYFLOW</i> Flexibility		
3:45PM - 4:15PM	<i>VIRTUAL Born To Move School</i> Years 6-7 years 30m - R20 - Love Always Comes Around			9:30AM - 9:45AM	<i>VIRTUAL BODYFLOW</i> -	9:30AM - 9:45AM	<i>VIRTUAL BODYFLOW</i> -	12:10PM - 12:40PM	<i>VIRTUAL RPM 30</i> Mins	10:00AM - 10:30AM	<i>VIRTUAL BODYFLOW</i> Flexibility		
								Studio 4		12:00PM - 12:30PM	<i>VIRTUAL GRIT</i> Cardio		
										4:30PM - 5:00PM	<i>VIRTUAL Born To Move School</i> Years 6-7 years 30m - R20 - Love Always Comes Around		

*Love Always Comes
Around*

5:25PM - 5:55PM **VIRTUAL BARRE 30
Mins**

6:45PM - 7:00PM **VIRTUAL BODYFLOW
Express Flexibility**

*Express
Flexibility*

12:10PM - 12:40PM **VIRTUAL
BARRE 30
Mins**

3:30PM - 4:00PM **VIRTUAL BARRE
30 Mins**

6:05PM - 6:25PM **VIRTUAL
BODYFLOW Yoga**

*BODYFLOW
Express
Strength*

5:50AM - 6:05AM **VIRTUAL
BODYFLOW**

9:45AM - 10:15AM **VIRTUAL
BARRE 30
Mins**

10:50AM - 11:20AM **VIRTUAL
BARRE 30
Mins**

6:10PM - 6:40PM **VIRTUAL
CORE 30 Mins**

*Move School
Years 8-12 years
30m - R19 - One
Day*

30 Mins

4:00PM - 4:20PM **VIRTUAL
BODYFLOW Yoga**

5:00PM - 5:30PM **VIRTUAL
BODYFLOW
Flexibility**

barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LESMILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

LESMILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LESMILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LESMILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LESMILLS BODYFLOW

Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

LESMILLS BODYFLOW

Get centred and focus on your strength and stability with this short yoga-based workout with elements of Tai Chi and Pilates.

LESMILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LESMILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

LESMILLS BODYFLOW

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

BORN TO MOVE

Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills.

BORN TO MOVE

Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

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Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

LESMILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LESMILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LESMILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LESMILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LESMILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Marinette-Menominee YMCA
Effective 3.21.22

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