

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
8:20AM - 8:50AM VIRTUAL BARRE 30 Mins	6:00AM - 6:30AM VIRTUAL BARRE 30 Mins	6:45AM - 7:15AM VIRTUAL BODYFLOW Flexibility	7:15AM - 8:15AM VIRTUAL BODYATTACK 60 Mins	5:55AM - 6:25AM VIRTUAL CORE 30 Mins	6:15AM - 6:45AM VIRTUAL GRIT Cardio 30 Mins	7:30AM - 8:00AM VIRTUAL GRIT Strength 30 Mins
11:15AM - 11:45AM VIRTUAL GRIT Athletic 30 Mins	7:30AM - 8:15AM VIRTUAL BODYATTACK 45 Mins	7:45AM - 8:30AM VIRTUAL BODYATTACK 45 Mins	12:10PM - 12:40PM VIRTUAL CORE 30 Mins	7:45AM - 8:15AM VIRTUAL CORE 30 Mins	9:15AM - 9:45AM VIRTUAL BARRE 30 Mins	8:10AM - 8:30AM VIRTUAL BODYFLOW Yoga
12:10PM - 12:40PM VIRTUAL BODYATTACK 30 Mins	9:40AM - 10:00AM VIRTUAL BODYFLOW Yoga	12:10PM - 12:40PM VIRTUAL BODYCOMBAT 30 Mins	2:00PM - 2:30PM VIRTUAL BODYCOMBAT 30 Mins	12:00PM - 12:30PM VIRTUAL BODYFLOW Strength	10:00AM - 10:45AM VIRTUAL BODYATTACK 45 Mins	9:15AM - 9:45AM VIRTUAL GRIT Cardio 30 Mins
2:00PM - 2:30PM VIRTUAL BODYCOMBAT 30 Mins	6:30PM - 7:00PM VIRTUAL BARRE 30 Mins	3:30PM - 4:00PM VIRTUAL SH'BAM 30 Mins	6:20PM - 6:40PM VIRTUAL BODYFLOW Yoga	1:45PM - 2:15PM VIRTUAL SH'BAM 30 Mins	12:30PM - 1:00PM VIRTUAL GRIT Cardio 30 Mins	10:00AM - 10:20AM VIRTUAL BODYFLOW Yoga
2:45PM - 3:45PM VIRTUAL BODYFLOW 60 Mins	Cycle Studio	4:45PM - 5:15PM VIRTUAL BARRE 30 Mins	7:00PM - 7:30PM VIRTUAL GRIT Athletic 30 Mins	3:30PM - 4:00PM VIRTUAL GRIT Athletic 30 Mins	1:15PM - 2:15PM VIRTUAL BODYCOMBAT 60 Mins	10:30AM - 11:00AM VIRTUAL GRIT Athletic 30 Mins
Cycle Studio	6:00AM - 6:50AM VIRTUAL RPM 50 Mins	7:25PM - 7:40PM VIRTUAL BODYFLOW Express Flexibility	Cycle Studio	4:30PM - 5:30PM VIRTUAL BODYATTACK 60 Mins	2:30PM - 3:15PM VIRTUAL BODYFLOW 45 Mins	11:15AM - 12:00PM VIRTUAL BODYFLOW 45 Mins
6:55AM - 7:45AM VIRTUAL RPM 50 Mins	8:15AM - 9:05AM VIRTUAL RPM 50 Mins	Cycle Studio	7:45AM - 8:15AM VIRTUAL RPM 30 Mins	5:45PM - 6:15PM VIRTUAL GRIT Strength 30 Mins	3:30PM - 4:00PM VIRTUAL BARRE 30 Mins	12:15PM - 1:15PM VIRTUAL BODYATTACK 60 Mins
9:45AM - 10:35AM VIRTUAL RPM 50 Mins	10:00AM - 10:50AM VIRTUAL RPM 50 Mins	5:50AM - 6:40AM VIRTUAL RPM 50 Mins	9:45AM - 10:15AM VIRTUAL RPM 30 Mins	Cycle Studio	10:00AM - 10:50AM VIRTUAL RPM 50 Mins	Cycle Studio
11:15AM - 11:45AM VIRTUAL RPM 30 Mins	12:10PM - 12:40PM VIRTUAL RPM 30 Mins	7:00AM - 7:50AM VIRTUAL RPM 50 Mins	12:10PM - 12:40PM VIRTUAL RPM 30 Mins	9:45AM - 10:35AM VIRTUAL RPM 50 Mins	11:30AM - 12:00PM VIRTUAL RPM 30 Mins	7:15AM - 7:45AM VIRTUAL RPM 30 Mins
1:00PM - 1:50PM VIRTUAL RPM 50 Mins	4:20PM - 5:10PM VIRTUAL RPM 50 Mins	8:30AM - 9:20AM VIRTUAL RPM 50 Mins	1:00PM - 1:50PM VIRTUAL RPM 50 Mins	12:10PM - 12:40PM VIRTUAL RPM 50 Mins	12:30PM - 1:20PM VIRTUAL RPM 50 Mins	9:00AM - 9:50AM VIRTUAL RPM 50 Mins
7:00PM - 7:50PM VIRTUAL RPM 50 Mins	Studio 4	9:45AM - 10:35AM VIRTUAL RPM 50 Mins	3:00PM - 3:50PM VIRTUAL RPM 50 Mins	4:00PM - 4:50PM VIRTUAL RPM 50 Mins	1:45PM - 2:35PM VIRTUAL RPM 50 Mins	10:05AM - 10:55AM VIRTUAL RPM 50 Mins
Studio 4	5:55AM - 6:15AM VIRTUAL BODYFLOW Yoga	11:00AM - 11:50AM VIRTUAL RPM 50 Mins	5:15PM - 6:05PM VIRTUAL RPM 50 Mins	5:00PM - 5:50PM VIRTUAL RPM 50 Mins	3:00PM - 3:50PM VIRTUAL RPM 50 Mins	11:10AM - 12:00PM VIRTUAL RPM 50 Mins
4:45AM - 5:45AM VIRTUAL BODYCOMBAT 60 Mins	9:30AM - 10:00AM VIRTUAL BARRE 30 Mins	12:10PM - 12:40PM VIRTUAL RPM 30 Mins	6:30PM - 7:20PM VIRTUAL RPM 50 Mins	Studio 4	4:15PM - 4:45PM VIRTUAL RPM 30 Mins	12:15PM - 12:45PM VIRTUAL RPM 30 Mins
12:10PM - 12:40PM VIRTUAL BARRE 30 Mins	1:00PM - 1:30PM VIRTUAL BARRE 30 Mins	4:10PM - 5:00PM VIRTUAL RPM 50 Mins	Studio 4	5:55AM - 6:10AM VIRTUAL BODYFLOW Express Flexibility	Studio 4	Studio 4
3:45PM - 4:15PM VIRTUAL Born To Move School Years 6-7 years 30m - R20 - Love Always Comes Around	1:45PM - 2:15PM VIRTUAL BODYCOMBAT 30 Mins	5:15PM - 6:05PM VIRTUAL RPM 50 Mins	4:45AM - 5:00AM VIRTUAL BODYFLOW Express Strength	7:45AM - 8:15AM VIRTUAL BARRE 30 Mins	7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins	7:45AM - 8:15AM VIRTUAL GRIT Cardio 30 Mins
4:30PM - 5:00PM VIRTUAL Born To Move School Years 8-12 years 30m - R19 - One Day	2:30PM - 3:00PM VIRTUAL SH'BAM 30 Mins	6:50PM - 7:40PM VIRTUAL RPM 50 Mins	5:50AM - 6:05AM VIRTUAL BODYFLOW Express Flexibility	9:25AM - 9:40AM VIRTUAL BODYFLOW Express Flexibility	8:00AM - 8:45AM VIRTUAL SH'BAM 45 Mins	8:45AM - 9:30AM VIRTUAL BODYATTACK 45 Mins
6:45PM - 7:00PM VIRTUAL BODYFLOW Express Flexibility	6:00PM - 7:00PM VIRTUAL Born To Move School Years 8-12 years 50m - R20 - (Full Class)	Studio 4	9:40AM - 9:55AM VIRTUAL BODYFLOW Express Flexibility	9:50AM - 10:20AM VIRTUAL BARRE 30 Mins	9:00AM - 10:00AM VIRTUAL BODYATTACK 60 Mins	11:00AM - 11:30AM VIRTUAL Born To Move School Years 8-12 years 30m - R22 - (Full Class)
		4:35AM - 5:05AM VIRTUAL BODYATTACK 30 Mins	10:50AM - 11:20AM VIRTUAL BARRE 30 Mins	3:45PM - 4:15PM VIRTUAL Born To Move School Years 6-7 years 30m - R20 - Love Always Comes Around	10:00AM - 10:30AM VIRTUAL BODYFLOW Flexibility	11:30AM - 12:30PM VIRTUAL BODYATTACK 60 Mins
		8:00AM - 8:30AM VIRTUAL BARRE 30 Mins		4:30PM - 5:00PM VIRTUAL Born To Move School Years 8-12 years	12:00PM - 12:30PM VIRTUAL GRIT Cardio 30 Mins	
		9:30AM - 9:45AM VIRTUAL BODYFLOW Express Flexibility			4:00PM - 4:20PM VIRTUAL	

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

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

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

**30m - R19 - One
Day**

BODYFLOW Yoga

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

LES MILLS 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.

LES MILLS 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.

LES MILLS BODYCOMBAT

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

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

LES MILLS BODYFLOW

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

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

LES MILLS BODYFLOW

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

LES MILLS BODYFLOW

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

LES MILLS 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.

LES MILLS 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.

LES MILLS 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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LES MILLS CORE

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

LES MILLS GRIT | ATHLETIC

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

LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS GRIT | STRENGTH

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

LES MILLS RPM

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

LES MILLS RPM

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

Marinette-Menominee YMCA
Effective 8/23/21

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