

YMCA - Marinette-Menominee Virtual Group Exercise Schedule effective 9.11.22

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

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

3:45PM - 4:15PM **VIRTUAL Born To**
Move School
Years 6-7 years
30m - R20 - Love
Always Comes
Around

4:30PM - 5:00PM **VIRTUAL CORE**
30 Mins

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

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

9:30AM - 9:45AM **VIRTUAL**
BODYBALANCE
Express
Flexibility

10:00AM - 10:30AM **VIRTUAL**
BODYBALANCE
BEGINNER
(old)

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

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

4:15PM - 5:15PM **VIRTUAL**
BODYCOMBAT 60
Mins

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

Flexibility
 5:50AM - 6:05AM **VIRTUAL**
BODYBALANCE
Express
Flexibility

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

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

5:15PM - 5:45PM **VIRTUAL CORE**
30 Mins

30m - R19 - One
Day

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

5:00PM - 5:30PM **VIRTUAL**
BODYBALANCE
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.

LES MILLS BODYATTACK

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

LES MILLS BODYATTACK

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

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE

Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE

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 BODYBALANCE

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

LES MILLS BODYCOMBAT

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

LES MILLS BODYCOMBAT

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

LES MILLS BODYCOMBAT

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

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.

BORN TO MOVE

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

BORN TO MOVE

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

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 9.11.22**

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