



Boerne Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYCOMBAT™ Group Ex Studio Sign Up	5:30AM-6:15AM (Cardio & Dance) <i>Candi K.</i>		7:00AM-7:45AM (Cardio & Dance) <i>Candi K.</i>	5:30AM-6:15AM (Cardio & Dance) <i>Candi K.</i>			
\$ Pilates Reformer Strong & Balanced Level 2/3 Pilates Reformer Studio	5:45AM-6:30AM (Pilates Reformer) <i>Danelle P.</i> 8:00AM-8:55AM (Pilates Reformer) <i>Danelle P.</i>						
\$ Pilates Reformer Strong & Balanced Level 1/2 Pilates Reformer Studio	7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>		5:45AM-6:30AM (Pilates Reformer) <i>Danelle P.</i> 7:00AM-7:55AM (Pilates Reformer) <i>Danelle P.</i>				
LES MILLS SPRINT™ Community Room Sign Up	8:15AM-8:45AM (Cycle) <i>Catherine H.</i>	8:15AM-9:00AM (Cycle) <i>Catherine H.</i>		8:30AM-9:00AM (Cycle) <i>Catherine H.</i>		8:30AM-9:00AM (Cycle) <i>Catherine H.</i>	
Step FX Group Ex Studio Sign Up	8:30AM-9:20AM (Cardio & Dance) <i>Cheryl S.</i>	5:30PM-6:20PM (Cardio & Dance) <i>Karen T.</i>	8:30AM-9:20AM (Cardio & Dance) <i>Karen T.</i>				
SilverSneakers® YOGA Community Room Sign Up	9:00AM-9:45AM (Foreverwell) <i>Kelli G.</i>						
\$ Pilates Reformer Level 1/2 Pilates Reformer Studio	9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i> 5:30PM-6:25PM (Pilates Reformer) <i>Colleen B.</i>	8:30AM-9:25AM (Pilates Reformer) <i>Cheryl S.</i> 9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i> 5:30PM-6:25PM (Pilates Reformer) <i>Kenny B.</i>	9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i> 10:45AM-11:40AM (Pilates Reformer) <i>Nadia C.</i> 6:30PM-7:25PM (Pilates Reformer) <i>Colleen B.</i>	7:15AM-8:10AM (Pilates Reformer) <i>Colleen B.</i> 8:30AM-9:25AM (Pilates Reformer) <i>Colleen B.</i> 9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i> 7:00PM-7:55PM (Pilates Reformer) <i>Nilaja W.</i>	9:30AM-10:25AM (Pilates Reformer) <i>Cheryl S.</i> 10:30AM-11:25AM (Pilates Reformer) <i>Cheryl S.</i>	9:00AM-9:55AM (Pilates Reformer) <i>Danelle P.</i>	

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HIIT FX Community Room Sign Up	10:00AM-10:50AM (Strength & Endurance) <i>Lisa W.</i>						
LES MILLS BODYPUMP™ Group Ex Studio Sign Up	10:00AM-10:50AM (Strength & Endurance) <i>Sara P.</i> 5:30PM-6:20PM (Strength & Endurance) <i>Carol F.</i>	6:30AM-7:25AM (Strength & Endurance) <i>Candi K.</i> 8:30AM-9:25AM (Strength & Endurance) <i>Carol F.</i>	12:00PM-12:45PM (Strength & Endurance) <i>Genie C.</i>	6:30AM-7:25AM (Strength & Endurance) <i>Candi K.</i> 8:30AM-9:25AM (Strength & Endurance) <i>Carol F.</i> 5:30PM-6:20PM (Strength & Endurance) <i>Genie C.</i>	10:00AM-10:45AM (Strength & Endurance) <i>Sara P.</i>	10:00AM-10:50AM (Strength & Endurance) <i>Genie C.</i>	
\$ Pilates Reformer Beginner/Intro Pilates Reformer Studio	10:30AM-11:25AM (Pilates Reformer) <i>Cheryl S.</i> 6:30PM-7:25PM (Pilates Reformer) <i>Colleen B.</i>	6:30PM-7:25PM (Pilates Reformer) <i>Kenny B.</i>	5:30PM-6:25PM (Pilates Reformer) <i>Colleen B.</i>			10:00AM-10:55AM (Pilates Reformer) <i>Danelle P.</i>	
Mat Pilates Group Ex Studio Sign Up	11:00AM-11:50AM (Mind Body) <i>Courtney B.</i>	11:00AM-11:50AM (Mind Body) <i>Courtney B.</i>	11:00AM-11:50AM (Mind Body) <i>Courtney B.</i>		9:10AM-9:50AM (Mind Body) <i>Kerry G.</i>		
Stretch FX Community Room Sign Up	11:00AM-11:45AM (Mind Body) <i>Kerry G.</i>	9:15AM-10:00AM (Mind Body) <i>Kerry G.</i>		9:15AM-10:00AM (Mind Body) <i>Kerry G.</i>			
\$ Pilates Reformer Level 2/3 Pilates Reformer Studio	4:30PM-5:25PM (Pilates Reformer) <i>Colleen B.</i>			6:00PM-6:55PM (Pilates Reformer) <i>Nilaja W.</i>			
\$ Pilates Reformer All Level Pilates Reformer Studio		7:15AM-8:10AM (Pilates Reformer) <i>Kiera O.</i> 4:30PM-5:25PM (Pilates Reformer) <i>Kenny B.</i>				8:05AM-8:55AM (Pilates Reformer) <i>Danelle P.</i>	
ZUMBA ® Group Ex Studio Sign Up		10:00AM-10:50AM (Cardio & Dance) <i>Courtney B.</i>	10:00AM-10:50AM (Cardio & Dance) <i>Courtney B.</i>	10:00AM-10:50AM (Cardio & Dance) <i>Courtney B.</i>			
Line Dancing Community Room Sign Up		11:05AM-11:55AM (Cardio & Dance) <i>Kelli G.</i>					
HIIT FX Group Ex Studio Sign Up		4:30PM-5:00PM (Strength & Endurance) <i>Catherine H.</i>			8:15AM-9:00AM (Strength & Endurance) <i>Catherine H.</i>		
Yoga Flow Group Ex Studio Sign Up		6:30PM-7:20PM (Mind Body) <i>Samira H.</i>		6:30PM-7:20PM (Mind Body) <i>Samira H.</i>			

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\$ Pilates Reformer Jumpboard Pilates Reformer Studio			8:00AM-8:55AM (Pilates Reformer) <i>Danelle P.</i> 4:30PM-5:25PM (Pilates Reformer) <i>Colleen B.</i>	10:45AM-11:40AM (Pilates Reformer) <i>Colleen B.</i>	8:15AM-9:10AM (Pilates Reformer) <i>Kiera O.</i>		
ZUMBA ® Community Room Sign Up			9:00AM-9:50AM (Cardio & Dance) <i>Michelle D.</i>				
Yoga Flow Community Room Sign Up			10:00AM-10:50AM (Mind Body) <i>Heather A.</i>				
Yoga Restore Community Room Sign Up			11:00AM-11:50AM (Mind Body) <i>Karen T.</i>		10:00AM-10:50AM (Mind Body) <i>Karen T.</i>		
\$ Pilates Reformer ForeverWell Pilates Reformer Studio			12:00PM-12:55PM (Pilates Reformer) <i>Nadia C.</i>				
LES MILLS CORE™ Group Ex Studio Sign Up			5:30PM-6:20PM (Core & Balance) <i>Amber C.</i>				
Barre Group Ex Studio Sign Up				11:00AM-11:50AM (Mind Body) <i>Sara P.</i>			
Mat Pilates Community Room Sign Up				11:05AM-11:55AM (Mind Body) <i>Kerry G.</i>			
\$ Pilates Reformer Stretch and Relaxation Pilates Reformer Studio					7:15AM-8:10AM (Pilates Reformer) <i>Kiera O.</i>		
Total Body Strength Community Room Sign Up					8:15AM-8:50AM (Strength & Endurance) <i>Sara P.</i>		
SilverSneakers® Classic Community Room Sign Up					9:00AM-9:45AM (Foreverwell) <i>Karen T.</i>		
Core FX Group Ex Studio Sign Up					11:00AM-11:45AM (Core & Balance) <i>Sara P.</i>		
LES MILLS BODYSTEP™ Group Ex Studio Sign Up						9:20AM-9:50AM (Cardio & Dance) <i>Genie C.</i>	