



BELLEVUE SCHEDULE

**NOVEMBER
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am STEP Irene STUDIO 3	6:30-7:15am CYCLE Heather STUDIO 1	8:15-9:00am CIRCUIT TRAINING April STUDIO 3			8:30-9:00am CORE STRENGTH EXPRESS Jen STUDIO 3
8:30-9:15am AQUA FITNESS Anna POOL	9:00-9:45am AQUA FITNESS DEEP WATER Olga POOL	8:30-9:15am AQUA FITNESS Anna POOL	8:30-9:15am AQUA ZUMBA Hsaioling POOL		9:00-10:00am CARDIO KICKBOXING Jen STUDIO 3
9:00-9:45am STRETCHING Heidi STUDIO 2	9:00-9:45am BODY PUMP Tatiana STUDIO 3	9:00-9:45am STRETCHING Heidi STUDIO 2	9:00-9:45am BODY PUMP Olga STUDIO 3	9:00-10:00am YOGA ALL LEVELS Jane STUDIO 2	
9:30-10:00am STRENGTH EXPRESS Irene STUDIO 3	10:00-11:00am PILATES- MAT Karen STUDIO 2	9:15-9:45am CORE STRENGTH EXPRESS April STUDIO 3	10:00-11:00am PILATES- MAT Karen STUDIO 2		9:30-10:30am PILATES-MAT Karen STUDIO 2
	10:00-10:45am AOA CARDIO Liz/ Tatiana GYM		10:00-10:45am AOA CARDIO Liz GYM		
10:00-10:45am AOA STRENGTH Karen GYM		10:00-10:45am AOA STRENGTH Liz GYM	10:15-11:15am ZUMBA Vira STUDIO 3		10:15-11:15am ZUMBA Vira/Liz STUDIO 3
10:00-10:45am STRONG NATION Liz STUDIO 3		10:00-10:45am CARDIO KICKBOXING April STUDIO 3	11:15-11:45am STRENGTH TRAINING EXPRESS Vira STUDIO 3	10:00-10:45am STRONG NATION Liz STUDIO 3	
10:00-11:00am YOGA ALL LEVELS Heidi STUDIO 2		10:00-11:00am YOGA ALL LEVELS Heidi STUDIO 2	11:00-11:45am NIA CHAIR Rossella STUDIO 2		11:00-12:00pm YOGA VINYASA Sankara STUDIO 2
		11:00-12:00pm ZUMBA Liz STUDIO 3	12:00-1:00pm NIA Rossella STUDIO 2		
		11:15-12:15pm ABOVE THE BARRE April STUDIO 1	12:00-1:00pm TAI CHI SECOND SECTION Stefanie STUDIO 3	11:15-12:15pm ABOVE THE BARRE April STUDIO 1	
				12:00-12:45pm AOA STRENGTH Lin GYM	10:00-11:00am YOGA HATHA Nauder STUDIO 2
				1:00-1:30pm AOA DANCE Lin STUDIO 3	10:00-11:00am ZUMBA Herbert STUDIO 3
5:00-6:00pm YOGA ALL LEVELS Sankara STUDIO 2			5:00-6:00pm YOGA ALL LEVELS Sankara STUDIO 2		
5:00-5:45pm STRENGTH TRAINING Brent STUDIO 3		5:15-6:00pm BODY PUMP Vira STUDIO 3	5:00-6:00pm CARDIO KICKBOXING April STUDIO 3		
6:00-7:00pm ZUMBA Laura STUDIO 3		6:00-6:45pm CYCLE Heather STUDIO 1		6:15-7:15pm YOGA RESTORATIVE Nauder STUDIO 2	
6:30-7:30pm SOCIAL DANCE Alfred STUDIO 2	6:15-7:15pm BOLLY-X Shilpa STUDIO 3	6:15-7:15pm ZUMBA Mila STUDIO 3	6:15-7:15pm BOLLYWOOD FITNESS Kavita STUDIO 3	6:30-7:30pm ZUMBA Herbert STUDIO 3	
7:00-8:00pm CARDIO KICKBOXING Jen STUDIO 3	7:00-8:00pm BOOTCAMP April GYM	7:15-7:45pm STRENGTH TRAINING EXPRESS Mila STUDIO 3	6:15-7:15pm ABOVE THE BARRE April STUDIO 1		

SUNDAY

Schedule may change without notice - please check website for most current schedule. As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Liz Grant egrant@seattleyymca.org