



BELLEVUE FAMILY YMCA GROUP EXERCISE SCHEDULE

**March
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30am STEP Irene STUDIO 3		8:15-9:00am CIRCUIT TRAINING April STUDIO 3			8:30-9:00am CORE STRENGTH EXPRESS Jen STUDIO 3
9:00-9:45am AQUA FITNESS Gizela POOL		9:00-9:45am AQUA FITNESS Gizela POOL	8:30-9:15am AQUA ZUMBA Hsaioling POOL	9:00-10:00am STEP/BODY PUMP Irene/ Liz STUDIO 3	9:00-10:00am CARDIO KICKBOXING Jen STUDIO 3
9:00-9:45am STRETCHING Heidi STUDIO 2	9:00-9:45am AQUA FITNESS DEEP WATER Olga POOL	9:00-9:45am STRETCHING Heidi STUDIO 2	9:00-10:00am LES MILLS BODY PUMP Vira STUDIO 3	9:00-10:00am YOGA ALL LEVELS Jane STUDIO 2	
9:30-10:00am STRENGTH EXPRESS Irene STUDIO 3	9:00-9:45am LES MILLS BODY PUMP Tatiana STUDIO 3	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 STRENGTH Tatiana GYM	10:00-11:00am PILATES- MAT Karen STUDIO 2	10:00-10:45am AOA STRENGTH Liz GYM	10:00-10:45am AOA CARDIO Liz STUDIO 1		
10:00-11:00am YOGA ALL LEVELS Heidi STUDIO 2	10:00-10:45am AOA CARDIO Tatiana STUDIO 1	10:00-10:45am CARDIO KICKBOXING April STUDIO 3	10:15-11:15am ZUMBA Vira STUDIO 3		10:15-11:15am ZUMBA Vira/Liz STUDIO 3
10:15-11:00am STRONG NATION Liz STUDIO 3	3/14 10:00-11:00am CARDIO KICKBOXING *WOMEN ONLY April STUDIO 3	10:00-11:00am YOGA ALL LEVELS Heidi STUDIO 2	11:15-12:00pm NIA CHAIR Rossella STUDIO 2	10:15-11:00am STRONG NATION Liz STUDIO 3	
		11:00-12:00pm ZUMBA Liz STUDIO 3			11:00-12:00pm YOGA VINYASA Sankara STUDIO 2
	11:15-12:00pm CHAIR YOGA Gizela GYM	11:15-12:15pm ABOVE THE BARRE April STUDIO 1	12:00-1:00pm NIA Rossella STUDIO 2	11:15-12:15pm ABOVE THE BARRE April STUDIO 1	
			12:00-1:00pm TAI CHI THIRD SECTION Stefanie STUDIO 3	12:00-12:45pm AOA STRENGTH Lin GYM	SUNDAY 8:45-9:45am LES MILLS BODY PUMP Olga STUDIO 3
			1:15-2:15pm TAI CHI FIRST SECTION Stefanie STUDIO 3		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		5:15-6:15pm LES MILLS BODY PUMP Vira STUDIO 3	5:00-6:00pm YOGA ALL LEVELS Sankara STUDIO 2		
5:00-6:00pm STRENGTH TRAINING Brent STUDIO 3			5:00-6:00pm CARDIO KICKBOXING April STUDIO 3		
6:00-7:00pm ZUMBA Laura STUDIO 3	5:15-6:15pm STRONG NATION Shilpa STUDIO 3		6:15-7:15pm BOLLYWOOD FITNESS Kavita STUDIO 3	6:15-7:15pm YOGA RESTORATIVE Nauder STUDIO 2	
6:30-7:45pm SOCIAL DANCE Alfred STUDIO 2	6:15-7:15pm BOLLY-X Shilpa STUDIO 3	6:30-7:30pm ZUMBA Mila STUDIO 3	6:15-7:15pm ABOVE THE BARRE April STUDIO 1	6:30-7:30pm ZUMBA Herbert STUDIO 3	
7:00-8:00pm CARDIO KICKBOXING Jen STUDIO 3	7:00-8:00pm BOOTCAMP April GYM	7:30-8:00pm STRENGTH TRAINING EXPRESS Mila STUDIO 3			

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