



Robert D. Love Downtown YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 45 Studio C	5:15AM-6:00AM (Group Fitness) <i>Jill E.</i> 12:00PM-12:45PM (Group Fitness) <i>Monita M.</i>	5:30AM-6:15AM (Group Fitness) <i>Stephanie M.</i>	12:00PM-12:45PM (Group Fitness) <i>Valerie L.</i> 5:30PM-6:15PM (Group Fitness) <i>Jescia S.</i>	5:15AM-6:00AM (Group Fitness) <i>Jescia S.</i> 12:00PM-12:45PM (Group Fitness) <i>Monita M.</i> 5:30PM-6:15PM (Group Fitness) <i>Tamara C.</i>		9:00AM-9:45AM (Group Fitness) <i>Baylana M.</i>	
Body Blitz Studio A	6:00AM-6:45AM (Group Fitness) <i>Monita M.</i>						
Zumba® Fitness Studio A	9:15AM-10:15AM (Group Fitness) <i>Erica T.</i> 6:00PM-7:00PM (Group Fitness) <i>Jessie S.</i>	9:30AM-10:30AM (Group Fitness) <i>Erica T.</i> 6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>	11:15AM-12:00PM (Group Fitness) <i>Lorena H.</i> 7:15PM-8:00PM (Group Fitness) <i>Hideki F.</i>	9:15AM-10:00AM (Group Fitness) <i>Jessie S.</i> 6:30PM-7:30PM (Group Fitness) <i>Erica T.</i>	9:00AM-10:00AM (Group Fitness) <i>Jessie S.</i> 5:30PM-6:30PM (Group Fitness) <i>Erica T.</i>	11:00AM-12:00PM (Group Fitness) <i>Rose J.</i>	12:30PM-1:30PM (Group Fitness) <i>Jessie S.</i>
SilverSneakers® Classic Studio B	10:00AM-11:00AM (Group Fitness) <i>Royce W.</i>				10:00AM-11:00AM (Group Fitness) <i>Collette B.</i>		
Water Works Family Pool	10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	8:00AM-8:45AM (Group Fitness) <i>Margie B.</i>	10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>	10:00AM-10:45AM (Group Fitness) <i>Margie B.</i>	
Bootcamp Studio A	10:15AM-11:15AM (Group Fitness) <i>Joanna W.</i>						
Gentle Yoga Studio B	11:00AM-12:00PM (Group Fitness) <i>Sarah W.</i>				11:00AM-12:00PM (Group Fitness) <i>Collette B.</i>		
Water Tabata Family Pool	12:15PM-1:00PM (Group Fitness) <i>Margie B.</i> 5:30PM-6:15PM (Group Fitness) <i>Bethany J.</i>		12:15PM-1:00PM (Group Fitness) <i>Margie B.</i>		12:00PM-12:45PM (Group Fitness) <i>Jenny O.</i> 5:30PM-6:15PM (Group Fitness) <i>Sabrina H.</i>		3:00PM-3:45PM (Group Fitness) <i>Sabrina H.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lower Body Blitz Studio A	5:00PM-5:30PM (Group Fitness) <i>Valerie L.</i>						
Yoga Studio B	5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>	12:00PM-1:00PM (Group Fitness) <i>Sarah W.</i>	6:00PM-7:00PM (Group Fitness) <i>Liz C.</i>	7:30AM-8:30AM (Group Fitness) <i>Ginger J.</i> 5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>		10:00AM-11:00AM (Group Fitness) <i>Ginger J.</i>	
LIFT 30-UPPER Studio A	5:30PM-6:00PM (Group Fitness) <i>Valerie L.</i>	6:00AM-6:30AM (Group Fitness) <i>Monita M.</i>		10:00AM-10:30AM (Group Fitness) <i>Jessie S.</i>			
Barre Studio A		6:30AM-7:00AM (Group Fitness) <i>Monita M.</i>					
Arthritis Water Exercise Family Pool		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>		10:00AM-10:45AM (Group Fitness) <i>Melanie J.</i>			
Tai Chi Studio A		10:30AM-11:30AM (Group Fitness) <i>David L.</i>		10:30AM-11:30AM (Group Fitness) <i>David L.</i>			
VIRTUAL-Cycle HIIT Studio C		12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>			12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
Muscle Pump Studio A		5:30PM-6:30PM (Group Fitness) <i>Jescia S.</i>	5:45AM-6:45AM (Group Fitness) <i>Tamara C.</i> 10:15AM-11:15AM (Group Fitness) <i>Jessie S.</i>	5:30PM-6:30PM (Group Fitness) <i>Stephanie M.</i>	5:45AM-6:45AM (Group Fitness) <i>Tamara C.</i> 6:30PM-7:30PM (Group Fitness) <i>Stephanie M.</i>	10:00AM-11:00AM (Group Fitness) <i>Ramona G.</i>	11:30AM-12:30PM (Group Fitness) <i>Jessie S.</i>
Aqua Zumba® Family Pool		5:30PM-6:15PM (Group Fitness) <i>Jess M.</i>		8:00AM-8:45AM (Group Fitness) <i>Lindsey M.</i>			
Flow Fusion Studio B		5:30PM-6:30PM (Group Fitness) <i>Heather J.</i>					
STRONG Nation® Studio A			9:15AM-10:15AM (Group Fitness) <i>Diana M.</i>				
Pop Up-Bootcamp PT Area/ Queen Ax			12:00PM-12:45PM (Group Fitness) <i>Abby S.</i>				
LIFT 30-LOWER Studio A			6:05PM-6:30PM (Group Fitness) <i>MICHAEL C.</i>	6:00AM-6:30AM (Group Fitness) <i>Monita M.</i>	10:00AM-10:30AM (Group Fitness) <i>Jessie S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Box Studio A			6:30PM-7:15PM (Group Fitness) <i>Baylana M.</i>		10:30AM-11:00AM (Group Fitness) <i>Jessie S.</i>	9:00AM-9:45AM (Group Fitness) <i>Ramona G.</i>	
CORE Studio A				6:30AM-7:00AM (Group Fitness) <i>Monita M.</i>			
Beginner Yoga Studio B				8:30AM-9:30AM (Group Fitness) <i>Ginger J.</i>		9:00AM-10:00AM (Group Fitness) <i>Ginger J.</i>	
Hydrobox Family Pool				5:30PM-6:15PM (Group Fitness) <i>Bethany J.</i>			
Flow Fusion Studio A					11:00AM-12:00PM (Group Fitness) <i>Heather J.</i>		
Riverside Yoga EXPLORATION PLACE Wichita Foundation Amphitheater						9:00AM-10:00AM (Group Fitness) <i>Jescia S.</i>	