



El Dorado YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Family Pool	4:30AM-10:00AM (Pool) 10:45AM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-10:00AM (Pool) 10:45AM-9:30PM (Pool)	4:30AM-10:00AM (Pool) 11:45AM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-10:00AM (Pool) 10:45AM-9:30PM (Pool)	4:30AM-10:00AM (Pool) 11:00AM-8:30PM (Pool)	6:30AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Open Gym Gym 2	4:30AM-9:00AM (Gym)				4:30AM-9:00PM (Gym)	6:30AM-8:00AM (Gym)	6:30AM-7:00PM (Gym)
Open Gym Gym 3	4:30AM-6:00AM (Gym) 8:00AM-6:00PM (Gym)	4:30AM-6:00PM (Gym)	4:30AM-6:00AM (Gym) 8:00AM-9:00AM (Gym)		4:30AM-6:00AM (Gym)		6:30AM-7:00PM (Gym)
3 Lanes Lap Pool	4:30AM-8:30AM (Pool) 10:45AM-6:45PM (Pool) 7:45PM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-10:00AM (Pool) 10:45AM-6:45PM (Pool) 7:45PM-9:30PM (Pool)	4:30AM-10:00AM (Pool) 11:45AM-9:30PM (Pool)	4:30AM-8:00AM (Pool) 9:00AM-10:00AM (Pool) 10:45AM-6:45PM (Pool) 7:45PM-9:30PM (Pool)	4:30AM-8:30AM (Pool) 11:00AM-8:30PM (Pool)	6:30AM-10:00AM (Pool) 11:00AM-6:30PM (Pool)	6:30AM-6:30PM (Pool)
Pick Up Basketball Gym 3	6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		6:00AM-8:00AM (Gym)		
Muscle Pump Studio B	9:00AM-10:00AM (Group Fitness) <i>April J.</i>						
Pickleball Gym 2	9:00AM-11:00AM (Gym)						
Yoga Studio A	9:00AM-10:00AM (Group Fitness) <i>Laela H.</i> 5:15PM-6:15PM (Group Fitness) <i>Janice T.</i>	9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>		9:00AM-10:00AM (Group Fitness) <i>Janice T.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Silver Sneakers® Stability Studio B	10:00AM-10:45AM (Group Fitness) <i>Julie W.</i>			10:15AM-11:00AM (Group Fitness) <i>Julie W.</i>			
Water Tabata Lap Pool	10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i> 6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>	10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i> 6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>		10:00AM-10:45AM (Group Fitness) <i>April J.</i> 6:45PM-7:45PM (Group Fitness) <i>Wendy A.</i>		10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>	
LIFT 30-UPPER Studio B	6:00PM-6:30PM (Group Fitness) <i>Dakota C.</i>		10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i>				
Cycle 45 Studio B	6:30PM-7:15PM (Group Fitness) <i>Briley R.</i>						
Arthritis Water Exercise Family Pool		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>		8:00AM-8:45AM (Group Fitness) <i>Alexandria E.</i>			
Bootcamp Gym 1		9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>	6:00PM-7:00PM (Group Fitness) <i>Dakota C.</i>			12:00PM-1:00PM (Group Fitness) <i>Dakota C.</i>	
Pilates Studio A		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>		10:00AM-11:00AM (Group Fitness) <i>Janice T.</i>			
SilverSneakers® Circuit Studio B		10:00AM-11:00AM (Group Fitness) <i>Julie W.</i>					
Chair Yoga Studio B		11:00AM-12:00PM (Group Fitness) <i>Laela H.</i>					
Cycle 30 Studio B			5:45AM-6:15AM (Group Fitness) <i>Haylee M.</i>				
Body Design Studio A			9:00AM-10:00AM (Group Fitness) <i>April J.</i>				
Water Works Lap Pool			10:00AM-10:45AM (Group Fitness) <i>Alexandria E.</i>				
Cardio Dance Studio B			10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i>		10:30AM-11:00AM (Group Fitness) <i>Dakota C.</i> 6:30PM-7:00PM (Group Fitness) <i>Dakota C.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers® Classic Studio B				9:00AM-10:00AM (Group Fitness) <i>Julie W.</i>			
Cycle Circuit Studio A					9:00AM-9:45AM (Group Fitness) <i>April J.</i>		
Pilates Studio B					9:00AM-10:00AM (Group Fitness) <i>Kera B.</i>		
Water Bootcamp Lap Pool					10:00AM-11:00AM (Group Fitness) <i>April J.</i>		
LIFT 30-LOWER Studio B					10:00AM-10:30AM (Group Fitness) <i>Dakota C.</i> 6:00PM-6:30PM (Group Fitness) <i>Dakota C.</i>		
VIRTUAL-Beginner Yoga Gym 1						9:00AM-9:30AM (Group Fitness) <i>YMCA360</i>	
Hydro HIIT Lap Pool						9:00AM-9:45AM (Group Fitness) <i>Alexandria E.</i>	