



CLINTON COMMUNITY YMCA

GROUP FITNESS SCHEDULE

April/May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LES MILLS GRIT 5:30am-6:00am LES MILLS BODYPUMP 8:45am-9:45am LES MILLS CORE 9:50am-10:20am Starting 4/3	LES MILLS BODYPUMP 5:30am-6:30am Bliss Yoga 8:30am-9:15am Class held in Spirit Room LES MILLS BODYCOMBAT 9:30am-10:30am	LES MILLS GRIT 5:30am-6:00am LES MILLS BODYPUMP 8:45am-9:45am LES MILLS CORE 9:50am-10:20am Starting 4/5	LES MILLS BODYPUMP 5:30am-6:30am Bliss Yoga 8:30am-9:15am Class held in Spirit Room LES MILLS BODYCOMBAT 9:30am-10:30am	LES MILLS BODYPUMP 8:45am-9:45am	LES MILLS BODYPUMP 7:00am-8:00am
LES MILLS BODYPUMP 4:00pm-5:00pm LES MILLS CORE 5:15pm-5:45pm LES MILLS BODYATTACK 6:00pm-6:45pm	LES MILLS BODYPUMP 4:15pm-5:15pm LES MILLS BODYCOMBAT 5:15pm-6:00pm LES MILLS BODYPUMP 6:05pm-7:05pm	LES MILLS BODYPUMP 4:00pm-5:00pm Stretch n' Strengthen 5:00pm-5:40pm Class held in Spirit Room LES MILLS CORE 5:15pm-5:45pm	LES MILLS BODYPUMP 4:15pm-5:15pm LES MILLS BODYCOMBAT 5:15pm-6:00pm LES MILLS BODYPUMP 6:05pm-7:05pm		
		LES MILLS GRIT 5:50pm-6:20pm			

