



YMCA-YWCA Downtown Victoria Holiday Schedule



Times	Dec-30	Dec-31	Jan-01	Jan-02	Jan-03	Jan-04	Jan-05
6:00 AM - 6:55 AM	Cyclefit	Cyclefit		Cyclefit	Bootcamp		
6:30 AM - 7:25 AM		Total Body Strength		Total Body Strength			
8:00 AM - 8:55 AM	Total Body Strength	Cardio and Strength		Cardio and Strength	Total Body Strength	Cardio Fit	
8:30 AM - 9:25 AM						Cyclefit	
9:00 AM - 9:55 AM	Total Body Strength	Cyclefit		Cyclefit	Total Body Strength	Total Body Strength	Cyclefit
		Yoga		Iyengar Yoga		TRX (8:50- 9:50)	Step
10:00 AM-10:55 AM	Deep Aqua Fit	Shallow Aqua Fit		Shallow Aqua Fit	Deep Aqua Fit	Cyclefit	Deep Aqua Fit
	Senior Strength				Senior Strength		
	Yoga						
10:00 AM- 11:25 AM		Iyengar Yoga					
10:30 AM - 11:55 AM				Iyengar Yoga		Yoga	Yoga
11:00 AM -11:55 AM	Senior Cardio				Senior Cardio		
	Senior Strength				Core Flow		
11:15 AM - 12:00 PM	Gentle Aqua Fit				Gentle Aqua Fit		
12:00 PM-12:55 PM	Yoga	Pilates		Yoga	Nia		Pilates
	Barre						
12:10 PM - 12:50 PM	Strength Express	TRX			Strength Express		
	Cyclefit	Cyclefit		Cyclefit	Cyclefit		
1:00PM-2:25pm				Iyengar Yoga- Gentle			
5:00 PM - 5:55 PM	Total Body Strength			Cardio Dance	BosuBox		
	Cyclefit						
5:30 PM - 6:25 PM				Barre			
	Kickboxing			Cyclefit			
6:00 PM - 6:55 PM	Cardio Dance			On the Ball	Yoga		
6:30 PM - 7:25 PM	Cyclefit						
	Pilates						
7:00 PM - 7:55 PM				Yoga			
	Yoga			Kickboxing			
7:15-8:00 PM	Aqua Combo +						

Updated: December 18th, 2019

Can register at the membership desk to reserve a space starting 48 hours prior to the class- Open to Classic and Premium members