



YMCA-YWCA Downtown Victoria Holiday Schedule

Times	Dec-23	Dec-24	Dec-25	Dec-26	Dec-27	Dec-28	Dec-29
6:00 AM - 6:55 AM	Cyclefit	Cyclefit			Bootcamp		
6:30 AM - 7:25 AM		Total Body Strength					
8:00 AM - 8:55 AM	Total Body 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			Total Body Strength	Total Body Strength	Cyclefit
		Yoga				TRX (8:50- 9:50)	Step
10:00 AM-10:55 AM	Deep 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						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			Nia		Pilates
	Barre						
12:10 PM - 12:50 PM	Strength Express	TRX			Strength Express		
	Cyclefit	Cyclefit			Cyclefit		
1:00PM-2:25pm							
5:00 PM - 5:55 PM	Total Body Strength				BosuBox		
	Cyclefit						
5:30 PM - 6:25 PM							
	Kickboxing						
6:00 PM - 6:55 PM	Cardio Dance				Yoga		
6:30 PM - 7:25 PM	Cyclefit						
	Pilates						
7:00 PM - 7:55 PM							
	Yoga						
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