Hazleton YWCA Group Exercise Schedule January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 4	Saturday 5
Boot Camp class Wednesday & Thursday will be held in the downstairs fitness room		Closed Happy New Years	9:40 Cycle BUDYPUMP 10:15am PILOXING 5:00pm 6:00 RetroRobics 7:00pm 7:00 Boot Camp	9:40 Cycle 10:15am 5:15 Insanity BODYPUMP 6:00pm 7:00 Yoga 7:00 Boot Camp	9:00am PILOXING 10:15am 7:00 Boot Camp	BODYCOMBAT 9:00am Launch 78 LESMILLS BODYPUMP 10:15am Launch 108
6	⁷ 9:40 Cycle	8 9:40 Cycle	9 9:40 Cycle	10 9:40 Cycle	11	12
	BODYPUMP 10:15am	10:15 Latin Fitness Dance	BODYPUMP 10:15am	PILOXING 10:15am	BODYCOMBAT 9:00am	8:30 Cycle 9:20 Total Body Conditioning
	5:00pm	BODYCOMBAT	PILOXING 5:00pm	5:15 Insanity	PILOXING 10:15am	Lesmills
	6:00 Tabata 8:00 Boot Camp	5:30pm LESMILLS BODYPUMP 6:30pm	6:00 RetroRobics 3 ZVMBA 7:00pm	BODYPUMP 6:00pm 7:00 Yoga	7:00 Boot Camp	BODYPUMP 10:15am
13	¹⁴ 9:40 Cycle	15 9:40 Cycle	16	7:00 Boot Camp 17	18	19
	BODYPUMP 10:15am PILOXING	10:15 Latin Fitness Dance	9:40 Cycle BODYPUMP 10:15am	9:40 Canceled PILOXING Canceled	BODYCOMBAT 9:00am	8:30 Cycle 9:20 Total Body Conditioning
	5:00pm 6:00 Strong By	BODYCOMBAT 5:30pm	5:00pm 5:00 RetroRobics	5:15 Insanity BODYPUMP	PILOXING 10:15am	BODYPUMP 10:15am
	Zumba 8:00 Boot Camp	BODYPUMP 6:30pm	7:00pm 7:00 Boot Camp	6:00pm 7:00 Yoga 7:00 Boot Camp	7:00 Boot Camp	
20	9:40 Cycle BODYPUMP 10:15am PILONING 5:00pm	22 9:40 Cycle 10:15 Latin Fitness Dance	9:40 Cycle BODYPUMP 10:15am	9:40 Cycle PILONING 10:15am	Lesmills BODYCOMBAT 9:00am	26 8:30 Cycle 9:20 Total Body Conditioning
	6:00 R.I.P.P.E.D.	BODYCOMBAT 5:30pm Lesmills BODYPUMP	5:00pm 6:00 RetroRobics	5:15 Insanity LESMILLS BODYPUMP 6:00pm	PILOXING BARE 10:15am	BODYPUMP 10:15am
	8:00 Boot Camp	6:30pm	7:00pm 7:00 Boot Camp	7:00 Yoga 7:00 Boot Camp	7:00 Boot Camp	
27	9:40 Cycle BEDDYPUMP 10:15am	29 9:40 Cycle 10:15 Latin Fitness Dance	9:40 Cycle 9:40 Cycle RODYPUMP 10:15am	9:40 Cycle PILOXING 10:15am 5:15 Insanity	Brit	ig on
	5:00pm 6:00 Piloxing Knockout	BODYGOMBAT 5:30pm	5:00pm 5:00 RetroRobics	BODYPUMP 6:00pm	NFW	YEAR I
	8:00 Boot Camp	BODYPUMP 6:30pm	7:00pm 7:00 Boot Camp	7:00 Yoga 7:00 Boot Camp		1~ , , ,