

# Hazleton YWCA Group Exercise Schedule

## OCTOBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Boot Camp class Wednesday &amp; Thursday will be held in the downstairs fitness room</i></p>	<p>1 9:40 Cycle  10:15am  5:00pm 6:00 Piyo 8:00 Boot Camp</p>	<p>2 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>3 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>4 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>5  9:00am  10:15am 7:00 Boot Camp</p>	<p>6 8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>
<p>7 </p>	<p>8 9:40 Cycle  10:15am  5:00pm 6:00 Tabata 8:00 Boot Camp</p>	<p>9 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>10 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>11 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>12  9:00am  10:15am 7:00 Boot Camp</p>	<p>13 8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>
<p>14</p>	<p>15 9:40 Cycle  10:15am  5:00pm 6:00 Piloxing Knockout 8:00 Boot Camp</p>	<p>16 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>17 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>18 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>19  9:00am  10:15am 7:00 Boot Camp</p>	<p>20 8:30 Cycle 9:20 Total Body Conditioning  10:15am</p>
<p>21 </p>	<p>22 9:40 Cycle  10:15am  5:00pm 6:00 Meta/Core 8:00 Boot Camp</p>	<p>23 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>24 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>	<p>25 9:40 Cycle  10:15am 5:15 Insanity  6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>26  9:00am  10:15am 7:00 Boot Camp</p>	<p>27  9:00am Launch 77  10:15am Launch 107</p>
<p>28</p>	<p>29 9:40 Cycle  10:15am  5:00pm 6:00 R.I.P.E.D 8:00 Boot Camp</p>	<p>30 9:40 Cycle 10:15 Latin Fitness Dance  5:30pm  6:30pm</p>	<p>31 9:40 Cycle  10:15am  5:00pm 6:00 RetroRobics  7:00pm 7:00 Boot Camp</p>			<p></p>