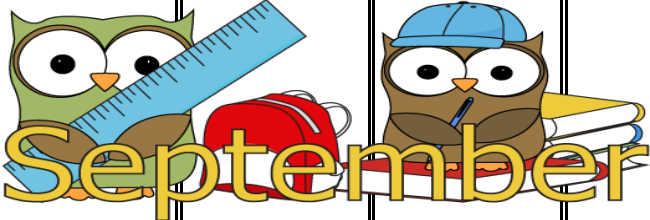



# Hazleton YWCA Group Exercise Schedule September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
					<p>1</p> <p><b>LES MILLS BODYCOMBAT</b> 9:00am</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>6pm &amp; 7pm Boot Camp</p>	<p>2</p> <p>8:00 Boot Camp 9:00 Total Body Conditioning 9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p>
3	<p>4</p> <p style="color: red;">Closed</p> <p></p>	<p>5</p> <p>9:15 Cycle</p> <p><b>PILOXING</b> 10:15am</p> <p><b>LES MILLS BODYCOMBAT</b> 5:30pm</p> <p><b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>6</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>5:00 TBC</p> <p>6:00 RetroRobics</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>7</p> <p>9:15 Cycle</p> <p><b>ZUMBA</b> 10:15am</p> <p>5:15 Insanity</p> <p><b>LES MILLS BODYPUMP</b> 6:00pm</p> <p>7:00 Yoga</p>	<p>8</p> <p><b>LES MILLS BODYCOMBAT</b> 9:00am</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>6pm &amp; 7pm Boot Camp</p>	<p>9</p> <p>8:00 Boot Camp 9:00 Total Body Conditioning 9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p>
10	<p>11</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p><b>PILOXING</b> 5:00pm</p> <p>6:00 Meta/Core</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>12</p> <p>9:15 Cycle</p> <p><b>PILOXING</b> 10:15am</p> <p><b>LES MILLS BODYCOMBAT</b> 5:30pm</p> <p><b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>13</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>5:00 TBC</p> <p>6:00 RetroRobics</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>14</p> <p>9:15 Cycle</p> <p><b>ZUMBA</b> 10:15am</p> <p>5:15 Insanity</p> <p><b>LES MILLS BODYPUMP</b> 6:00pm</p> <p>7:00 Yoga</p>	<p>15</p> <p><b>LES MILLS BODYCOMBAT</b> 9:00am</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>6pm &amp; 7pm Boot Camp</p>	<p>16</p> <p>8:00 Boot Camp 9:00 Total Body Conditioning 9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p>
17	<p>18</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p><b>PILOXING</b> 5:00pm</p> <p>6:00 Piloxing Knockout</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>19</p> <p>9:15 Cycle</p> <p><b>PILOXING</b> 10:15am</p> <p><b>LES MILLS BODYCOMBAT</b> 5:30pm</p> <p><b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>20</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>5:00 TBC</p> <p>6:00 RetroRobics</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>21</p> <p>9:15 Cycle</p> <p><b>ZUMBA</b> 10:15am</p> <p>5:15 Insanity</p> <p><b>LES MILLS BODYPUMP</b> 6:00pm</p> <p>7:00 Yoga</p>	<p>22</p> <p><b>LES MILLS BODYCOMBAT</b> 9:00am</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>6pm &amp; 7pm Boot Camp</p>	<p>23</p> <p>8:00 Boot Camp 9:00 Total Body Conditioning 9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p>
24	<p>25</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p><b>PILOXING</b> 5:00pm</p> <p>6:00 PIYO</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>26</p> <p>9:15 Cycle</p> <p><b>PILOXING</b> 10:15am</p> <p><b>LES MILLS BODYCOMBAT</b> 5:30pm</p> <p><b>LES MILLS BODYPUMP</b> 6:30pm</p>	<p>27</p> <p>9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>5:00 TBC</p> <p>6:00 RetroRobics</p> <p><b>ZUMBA</b> 7:00pm</p> <p>8:00 Boot Camp</p>	<p>28</p> <p>9:15 Cycle</p> <p><b>ZUMBA</b> 10:15am</p> <p>5:15 Insanity</p> <p><b>LES MILLS BODYPUMP</b> 6:00pm</p> <p>7:00 Yoga</p>	<p>29</p> <p><b>LES MILLS BODYCOMBAT</b> 9:00am</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p> <p>6pm &amp; 7pm Boot Camp</p>	<p>30</p> <p>8:00 Boot Camp 9:00 Total Body Conditioning 9:15 Cycle</p> <p><b>LES MILLS BODYPUMP</b> 10:15am</p>