

Kirk Family YMCA Group Exercise Schedule April 2025



AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio		Studio 1 & Virtual	Studio 2	Cycle Studio
5:30	Virtual BODY PUMP(55)	*New* HIIT (45)	Cycle (45)	Virtual BODY COMBAT (55)	BODY PUMP (55)		Virtual BODY BALANCE (55)	HIIT (45)	Cycle (45)	Virtual GRIT Strength (30)			Virtual BODY ATTACK (55)	BODY PUMP (55)	*New* Cycle (45)	8:15	Virtual GRIT Strength (30)		
6:45	Virtual BODY ATTACK (30)			Virtual GRIT STRENGTH (30)			Virtual BODY PUMP(55)			*6:30AM Virtual GRIT Cardio (30)			Virtual BODY COMBAT (55)			8:30		BODY STEP (55)	
7:15	Virtual Les Mills CORE (30)			Virtual BODY BALANCE(30)						Virtual Les Mills CORE (30)						9:00	BODY BALANCE (55)		RPM (45)
8:00	Yoga (55)			Pilates (55)			Virtual BODY ATTACK (45)			Virtual BODY PUMP (45)			Virtual BODY BALANCE (45)			9:45		BODY PUMP (55)	
8:30					BODY STEP (55)						BODY STEP (55)					10:15	Zumba (55)		
9:00	Barre Above (55)			Yoga (55)			Barre Above (55)			Yoga (55)			Pilates (55)	Strength & Tone (55)		PM			
9:30		Zumba Gold (45)	RPM (45)					Mixedfit (45)	RPM (45)							12:00	Virtual BODY PUMP (55)		
9:45					BODY PUMP (55)						*9:40AM Les Mills Core (30)					1:15	Virtual BODY ATTACK (55)		
10:00	Forever Fit (45)			Chair Yoga (45)			Forever Fit (45)			Chair Zumba (45)	*10:15AM BODY BALANCE (30)		Forever Fit (45)	*New* Yoga (55)		2:30	Virtual Les Mills DANCE (45)		
10:30		BODY BALANCE (45)														3:30	Virtual BODY BALANCE (55)		
11:00	Forever Fit (45)			Virtual BODY PUMP (45)			Forever Fit (45)			Virtual BODY PUMP (45)			Forever Fit (45)						
PM																PM	SUNDAY		
12:00		BODY PUMP (45)	RPM (45)		HIIT (45)			BODY PUMP (45)		*12:15PM BODY BALANCE (45)	HIIT (45)		*12:35PM Les Mills CORE	BODY PUMP (45)	RPM (30)	1:30	BODY BALANCE (55)	Zumba (55)	
1:15	Virtual Les Mills DANCE (45)			Virtual BODY PUMP (45)			Virtual GRIT Cardio (30)			Virtual BODY PUMP (45)			Virtual Les Mills DANCE (45)			2:45	Virtual BODY COMBAT (45)	BODY PUMP (55)	
2:15	Virtual Les Mills CORE(30)			Virtual Les Mills DANCE (30)			*1:45PM Virtual Les Mills CORE (30)			Virtual Les Mills DANCE (30)			Virtual BODY BALANCE (30)			3:45	Virtual Born To Move (30)		
3:00	Virtual Born To Move (30)			Virtual BODY PUMP (45)			Virtual Born To Move (30)			Virtual BODY PUMP (45)			Virtual Born To Move (30)			4:30	Virtual Born To Move (30)		
4:30	Virtual BODY PUMP (55)			Virtual BODY BALANCE (55)			Virtual BODY COMBAT (55)			Virtual BODY ATTACK (55)			Virtual BODY PUMP (55)						
5:00					BODY PUMP (45)			*5:15PM BODY STEP			BODY PUMP (30)								
5:30	BODY BALANCE (55)	BODY COMBAT (55)				RPM (30)	Virtual BODY BALANCE (55)			Pilates (55)	BODY COMBAT (30)		Virtual BODY PUMP (45)						
6:00				*6:05PM Les Mills Core (30)	Zumba (55)			*6:15PM BODY PUMP	Cycle (45)					Zumba (55)					
6:45	Virtual BODY PUMP (45)			Yoga (55)			Virtual Les Mills DANCE (45)			Yoga (55)			*6:30PM Virtual BODY COMBAT (45)	Les Mills Virtual Classes are held in STUDIO 1 Visit our website at www.ymcavbr.org					

