

Kirk Family YMCA Group Exercise Schedule May 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)	HIIT (45)	Cycle (45)	Virtual BODY COMBAT (55)	BODY PUMP (55)		Virtual BODY BALANCE (55)	HIIT (45)	Cycle (45)	Virtual GRIT Strength (30)	BODY PUMP (55)		Virtual BODY ATTACK (55)		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)	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					