

YWCA Central Carolinas

Monday

 **LES MILLS BODYPUMP**
7:10am - 7:55am
GE Room - YWTV

 **LES MILLS BODYPUMP**
8:00am - 8:45am
GE Room - YWTV

Move and Groove

9am - 9:45am
GE Room - Hank

Chair Yoga

9:55am - 10:40am
GE Room - Elizabeth

 **LES MILLS RPM**
11:00am - 11:50am
GE Room - YWTV

Cardio Strength

12pm - 12:45pm
GE Room - Christine

 **LES MILLS BODYCOMBAT**
1:30pm - 2:15pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
2:30pm - 3:30pm
GE Room - YWTV

 **LES MILLS RPM**
3:45pm - 4:10pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
4:45pm-5:30pm
GE Room - Christine

Cycle - Sweat

6:00pm - 6:45pm
GE Room - Karie

Yoga II

6pm - 7pm
FF Studio - Sarah

 **LES MILLS BODYBALANCE**
7:15pm - 8:00pm
GE Room - YWTV

 **LES MILLS RPM**
8:10pm - 9pm
GE Room - YWTV

Tuesday

 **LES MILLS BODYATTACK**
7:10am - 7:55am
GE Room - YWTV

 **LES MILLS BODYPUMP**
8:00am - 8:45am
GE Room - YWTV

 **LES MILLS RPM**
9:00am - 9:25am
GE Room - YWTV

 **LES MILLS BODYPUMP**
9:25am-9:40am
GE Room - YWTV

Pilates on the Mat

10am - 11am
GE Room - Kay

 **LES MILLS BODYBALANCE**
11:10am - 11:55am
GE Room - YWTV

 **LES MILLS BODYPUMP**
12:00pm - 12:45pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
1:30pm - 2:30pm
GE Room - YWTV

 **LES MILLS BODYCOMBAT**
2:45pm - 3:30pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
3:40pm - 4:10pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
4:30pm - 5:30pm
GE Room - YWTV

Circuit HIIT

5:45pm - 6:30pm
GE Room - Chris M.

Yoga I/II
6:00pm - 7:00pm
FF Studio - Mary

 **LES MILLS BODYPUMP**
6:45pm - 7:30pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
8:10pm - 8:55pm
GE Room - YWTV

November Group Fitness Schedule

Wednesday

 **LES MILLS BODYPUMP**
7:10 - 7:55am
GE Room - YWTV

 **LES MILLS BODYPUMP**
8:00am - 8:45am
GE Room - YWTV

Move and Groove

9am - 9:45am
GE Room - Rose

 **LES MILLS BODYPUMP**
10:00 am-10:45am
GE Room - YWTV

 **LES MILLS RPM**
11am - 11:50am
GE Room - YWTV

 **LES MILLS BODYPUMP**
12:00 - 12:45
GE Room - Christine

 **LES MILLS RPM**
1:00 - 1:45
GE Room - YWTV

 **LES MILLS BODYBALANCE**
2:00pm - 2:50pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
3:00pm - 4:00pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
4:45pm-5:30pm
GE Room - Kevin

Yoga II

6pm - 7pm
FF Studio - Elizabeth

Cycle - Intervals

6:00 - 6:45
GE Room - Karie

 **LES MILLS BODYBALANCE**
7:15pm - 8:00pm
GE Room - YWTV

 **LES MILLS RPM**
8:10pm - 9pm
GE Room - YWTV

Thursday

 **LES MILLS BODYATTACK**
7:10am - 7:55am
GE Room - YWTV

 **LES MILLS BODYPUMP**
8:00am - 8:45am
GE Room - YWTV

 **LES MILLS RPM**
9:00am - 9:25am
GE Room - YWTV

 **LES MILLS BODYPUMP**
9:25am-9:40am
GE Room - YWTV

Yoga I/II
10:30am - 11:30am
FF Studio - Hampton

 **LES MILLS BODYBALANCE**
11:00am - 11:45am
GE Room - YWTV

 **LES MILLS BODYPUMP**
12:00pm - 12:45pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
1:30pm - 2:30pm
GE Room - YWTV

 **LES MILLS BODYCOMBAT**
2:45pm - 3:30pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
3:40pm - 4:10pm
GE Room - YWTV

Cycle - Sweat

5:00pm - 5:45pm
GE Room - Jim

Zumba

6:00pm - 6:45pm
GE Room - Irina

Yoga I
6pm - 7pm
FF Studio - Kim

 **LES MILLS RPM**
7:05pm - 7:55pm
GE Room - YWTV

 **LES MILLS BODYCOMBAT**
8:10pm - 8:55pm
GE Room - YWTV

Friday

 **LES MILLS BODYPUMP**
7:10 - 7:55am
GE Room - YWTV

 **LES MILLS BODYBALANCE**
8:00am - 8:45am
GE Room - YWTV

Move and Groove

9am - 9:45am
GE Room - Hank

Chair Yoga

9:55am - 10:40am
FF Studio - Hampton/Elizabeth

Pilates on the Mat

10am - 11am
GE Room - Kay

 **LES MILLS BODYATTACK**
11:10am - 11:40am
GE Room - YWTV

Cardio Strength

12pm - 12:45pm
GE Room - Giulia

 **LES MILLS BODYBALANCE**
1:30pm - 2:30pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
2:45pm - 3:30pm
GE Room - YWTV

 **LES MILLS RPM**
3:45pm - 4:15pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
4:20pm - 5:05pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
5:15pm - 6:15pm
GE Room - YWTV

 **LES MILLS BODYBALANCE**
6:30pm - 7:30pm
GE Room - YWTV

What is YWTV?



YWTV classes will be shown on the YWTVs and will be taught by world-leading instructors. Each class will begin and end automatically on the YWTVs.

GE Room --> Group Exercise Room FF Studio --> Functional Fitness Studio

Saturday

 **LES MILLS BODYPUMP**
8:00am - 8:45am
GE Room - YWTV

 **LES MILLS RPM**
8:55am - 9:25am
GE Room - YWTV

 **LES MILLS BODYPUMP**
9:30am - 10:30am
GE Room - Rotating Instr.

Yoga I/II

10:15am - 11:15am
FF Studio - Hampton

 **LES MILLS BODYATTACK**
10:45am-11:30am
GE Room - YWTV

 **LES MILLS BODYCOMBAT**
11:30am - 12:15pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
12:30pm - 1:15pm
GE Room - YWTV

 **LES MILLS RPM**
1:45pm - 2:35pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
2:45pm - 3:45pm
GE Room - YWTV

 **LES MILLS BODYBALANCE**
4pm - 4:45pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
5:00pm - 5:45pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
6:00pm - 7:00pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
7:05pm - 7:50pm
GE Room - YWTV

Fitness Center Hours:

Monday - Thursday: 7am - 9pm

Friday: 7am - 8pm

Saturday: 8am - 8pm

Sunday: 8am - 8pm

Childcare Hours:

Monday - Thursday: 9:30am - 11:30am

Monday - Thursday: 5:00pm - 7:00pm

Friday: 8am-11am

Saturday: 8am-12pm

Sunday

 **LES MILLS BODYPUMP**
8:15am - 9:15am
GE Room - YWTV

 **LES MILLS RPM**
9:30am - 10:20am
GE Room - YWTV

 **LES MILLS BODYBALANCE**
10:30am - 11:30am
GE Room - YWTV

 **LES MILLS BODYBALANCE**
12:00pm - 1:00pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
1:30pm - 2:30pm
GE Room - YWTV

Yoga I
3:00PM - 4:00 PM
FF Studio - Rotating Instructors

 **LES MILLS BODYBALANCE**
3:00pm - 4:00pm
GE Room - YWTV

 **LES MILLS RPM**
4:10pm - 5:00pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
5:00pm - 6:00pm
GE Room - YWTV

 **LES MILLS BODYATTACK**
6:05pm - 6:50pm
GE Room - YWTV

 **LES MILLS BODYPUMP**
7pm - 7:45pm
GE Room - YWTV

YWCA Central Carolinas November Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	Swim Reservation 7am-7:50am	
Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	Swim Reservation 8am-8:50am	
Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Swim Reservation 9am-9:45am	Swim Res. (Lanes 1-3) OYO (Lanes 4-5) 9am-9:50am	Aqua Power 9am-9:45am Giulia	Aqua Intervals 9am-9:45am Shelley	Swim Reservation 9am-9:50am	
Aqua Power 10am-10:45am Rotating Instructors	Aqua Power 10am-10:45am Natasha	Aqua Zumba 10am-10:45am Irina	Swim Reservation 10am-10:50am	Aqua Power 10am-10:45am Giulia	Swim Reservation 10am-10:50am	
Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	Aqua Stretch & Swim 11am-11:45am Elizabeth	Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	Swim Reservation 11am-11:50am	
Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm	Swim Reservation 12pm-12:50pm
Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm	Swim Reservation 1pm-1:50pm		Swim Reservation 1pm-1:50pm
Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm	Swim Reservation 2pm-2:50pm		Swim Reservation 2pm-2:50pm
Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm	Swim Reservation 3pm-3:50pm		Swim Reservation 3pm-3:50pm
Swim Reservation 6:00pm - 6:45pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm	Swim Reservation 4pm-4:50pm		Swim Reservation 4pm-4:50pm
*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm	*Orange Crush (1-3) *Swim Res. (Lane 4-5) 5pm-5:50pm		
*Orange Crush (1-3) Swim Reservation 6pm-6:50pm	*Orange Crush (1-3) Swim Reservation 6pm-6:50pm	*Orange Crush (1-3) Swim Reservation 6pm-6:50pm	*Orange Crush (1-3) Swim Reservation 6pm-6:50pm			
Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm	Swim Reservation 7pm-7:50pm			
*(During Orange Crush Swim Team, there will be swim reservations available but there will be very limited lanes available.)						

Fitness Center Hours:
Mon - Thurs: 7am - 9pm
Friday: 7am - 8pm
Saturday & Sunday: 8am - 8pm

Pool Hours:
Mon - Thurs: 7am-7:50pm
Friday: 7am-5:50pm
Saturday: 8am-12:50pm
Sunday: 12pm - 4:50pm

Childcare Hours:
Monday - Thursday: 9:30am - 11:30am
Monday - Thursday: 5:00pm - 7:00pm
Friday: 8am-11am
Saturday: 8am-12pm