

YMCA of Belleville Fitness Schedule

Beginning the week of Monday October 14 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Early Morning				
Yoga 7:00AM - 7:45AM Studio		Yoga 7:00AM - 7:45AM Studio		Yoga 7:00AM - 7:45AM Studio
Morning				
Fitness For All 8:30AM - 9:15AM Gym	Cycle Strength 8:30AM - 9:15AM cycle room	Fitness For All 8:30AM - 9:15AM Gym	Core & Stretch 8:30AM - 9:15AM Gym	Fitness For All 8:30AM - 9:15AM Gym
Cardio Core Sculpt 9:30AM - 10:15AM Gym	Dancefit 9:30AM - 10:15AM Gym	Cardio Core Sculpt 9:30AM - 10:15AM Gym	Dancefit 9:30AM - 10:15AM Gym	Pilates 9:30AM - 10:15AM Gym
Tai Chi 10:30AM - 11:30AM Studio	Chair Yoga 10:30AM - 11:15AM Gym	Yoga 10:30AM - 11:15AM Gym	Meditation 10:30AM - 11:30AM Studio	Chair Yoga 10:30AM - 11:15AM Gym
			Minds in Motion 10:30AM - 12:30PM mp-room	
Afternoon				
Pickleball 1:00PM - 2:00PM Gym	Badminton 12:00PM - 1:00PM Gym	3 on 3 Basketball 12:00PM - 1:00PM Gym	Dodgeball 12:00PM - 1:00PM Gym	Pickleball 1:00PM - 2:00PM Gym
	AACT Floor Hockey 1:00PM - 2:00PM Gym	Pickleball 1:00PM - 2:00PM Gym		
Evening				
Cyclefit 5:30PM - 6:15PM cycle room	Cardio Strength 5:30PM - 6:15PM Gym	Cycle Strength 5:30PM - 6:30PM cycle room	Suspension Training 5:30PM - 6:15PM Studio	
	Drum Circle 5:30PM - 7:00PM mp room (setup starts at 5:00pm) 1st and 3rd Tuesday of every month			

Please note this schedule may change at any time.