



## Hilliard/Ray Patch Family YMCA | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6 Lap Lanes &amp; Shallow Water Area</b> Indoor Pool						8:00AM-5:45PM (Lap Pool)	
<b>Pickleball</b> Gymnasium						8:00AM-10:00AM (Gymnasium)	
<b>BODYCOMBAT™</b> Studio One						8:05AM-8:50AM (Les Mills) <i>Sara S.</i>	
<b>Yoga Flow</b> Studio A/B						9:00AM-10:00AM (Mind Body) <i>Sara S.</i>	12:00PM-1:00PM (Mind Body) <i>Phil D.</i>
<b>BODYPUMP™</b> Studio One						9:30AM-10:30AM (Les Mills) <i>Phil D.</i>	10:30AM-11:30AM (Les Mills) <i>Phil D.</i>
<b>Open Gym</b> Gymnasium						10:00AM-5:30PM (Gymnasium)	10:00AM-1:50PM (Gymnasium)  4:00PM-5:30PM (Gymnasium)
<b>Zumba</b> Studio One						11:00AM-12:00PM (Dance) <i>Carmen P.</i>	
<b>Pound</b> Studio One							1:30PM-2:30PM (Cardio) <i>Robin M.</i>
<b>Scheduled Programming</b> Gymnasium							2:00PM-4:00PM (Gymnasium)