



Betty J. Pullum Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Courts Closed Gym	12:00AM-12:00AM (Special Event)	12:00AM-12:00AM (Special Event)	12:00AM-12:00AM (Special Event)	12:00AM-12:00AM (Special Event)	12:00AM-12:00AM (Special Event)	12:00AM-12:00AM (Special Event)	12:00AM-12:00AM (Special Event)
Kettlebell 30 Multipurpose Room	7:00AM-7:30AM (Functional Training) <i>Kristen T.</i>						
Step Multipurpose Room	8:00AM-9:00AM (Cardio) <i>Debi R.</i>	8:35AM-9:35AM (Cardio) <i>Hyon H.</i>		8:35AM-9:35AM (Cardio) <i>Hyon H.</i>	8:00AM-9:00AM (Cardio) <i>Debi R.</i>		
Open Swim Outdoor Pool	9:00AM-12:00PM (Open Swim) 4:00PM-8:00PM (Open Swim)	9:00AM-12:00PM (Open Swim) 4:00PM-8:00PM (Open Swim)	9:00AM-12:00PM (Open Swim) 4:00PM-8:00PM (Open Swim)	9:00AM-12:00PM (Open Swim) 4:00PM-8:00PM (Open Swim)	9:00AM-12:00PM (Open Swim) 4:00PM-8:00PM (Open Swim)		
Les Mills BodyPump Multipurpose Room	9:00AM-10:00AM (Strength) <i>Kimtastic L.</i>	7:30AM-8:30AM (Strength) <i>Kristen T.</i>	4:00PM-5:00PM (Strength) <i>Kristen T.</i>	9:35AM-10:35AM (Strength) <i>Anastasia I.</i>	7:00AM-8:00AM (Strength) <i>Kristen T.</i> 9:00AM-10:00AM (Strength) <i>Autumn N.</i>	9:10AM-10:10AM (Strength) <i>Anastasia I.</i>	
Water Aerobics Outdoor Pool	9:00AM-10:00AM (Water Fitness) <i>Haydee G.</i>	9:00AM-10:00AM (Water Fitness) <i>Kristen T.</i>	9:00AM-10:00AM (Water Fitness) <i>Kristen T.</i>	9:00AM-10:00AM (Water Fitness) <i>Kristen T.</i>	9:00AM-10:00AM (Water Fitness) <i>Anastasia I.</i>		
Yoga Flow Multipurpose Room	10:45AM-11:45AM (Yoga) <i>Hyon H.</i>		10:45AM-11:45AM (Yoga) <i>Hyon H.</i>		10:45AM-11:45AM (Yoga) <i>Hyon H.</i>		
Cycling Multipurpose Room		6:30AM-7:30AM (Cycling) <i>Jo A.</i> 4:00PM-5:00PM (Cycling) <i>Cheryl C.</i>		6:30AM-7:30AM (Cycling) <i>Jo A.</i>		8:05AM-9:05AM (Cycling) <i>Cheryl C.</i>	
LES MILLS BODYCOMBAT Multipurpose Room		9:35AM-10:05AM (Cardio) <i>Anastasia I.</i>		7:30AM-8:30AM (Cardio) <i>Anastasia I.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills Core Multipurpose Room		10:05AM-10:35AM (Strength) <i>Anastasia I.</i>					
Chair Yoga Multipurpose Room		11:00AM-12:00PM (Senior Fitness) <i>Ann H.</i>		11:00AM-12:00PM (Senior Fitness) <i>Ann H.</i>			
Martial Arts Multipurpose Room		6:00PM-8:00PM (Martial Arts) <i>Tony W.</i>				12:00PM-2:00PM (Martial Arts) <i>Tony W.</i>	
Balance & Tone Multipurpose Room			8:00AM-9:00AM (Barre/Pilates) <i>Debi R.</i>				
Zumba Multipurpose Room			9:00AM-10:00AM (Dance Fitness) <i>Autumn N.</i>	5:00PM-6:00PM (Dance Fitness) <i>Natalia M.</i>		10:15AM-11:15AM (Dance Fitness) <i>Natalia M.</i>	
Senior Fitness Multipurpose Room			12:00PM-1:00PM (Senior Fitness) <i>Haydee G.</i>		12:00PM-1:00PM (Senior Fitness) <i>Autumn N.</i>		
Wahoo Swim Team Outdoor Pool			6:30PM-8:00PM (Swim Practice)	6:30PM-8:00PM (Swim Practice)			
Pilates Multipurpose Room				4:00PM-5:00PM (Barre/Pilates) <i>Anastasia I.</i>			



Bear Levin Studer Family YMCA | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Activity Pool	5:00AM-2:00PM (Open Swim) 3:00PM-3:30PM (Open Swim) 6:30PM-8:45PM (Open Swim)	5:00AM-10:00AM (Open Swim) 12:00PM-2:00PM (Open Swim)	5:00AM-2:00PM (Open Swim) 6:30PM-8:45PM (Open Swim)	5:00AM-10:00AM (Open Swim) 12:00PM-2:00PM (Open Swim)	5:00AM-2:00PM (Open Swim)	7:00AM-9:00AM (Open Swim)	
Step Greenhut Studio	8:15AM-9:15AM (Cardio) <i>Yuri S.</i>		8:15AM-9:15AM (Cardio) <i>Jamie T.</i>		8:15AM-9:15AM (Cardio) <i>Carol D.</i>		
Yoga Flow Pen Air Studio	9:15AM-10:30AM (Yoga) <i>Alayna B.</i>		9:15AM-10:15AM (Yoga) <i>Michelle D.</i>	9:45AM-10:45AM (Yoga) <i>Emily H.</i> 5:45PM-6:45PM (Yoga) <i>Alayna B.</i>			
Les Mills BodyPump Greenhut Studio	9:30AM-10:30AM (Strength) <i>Fabienne W.</i>	8:15AM-9:15AM (Strength) <i>Fabienne W.</i>	5:45AM-6:45AM (Strength) <i>Karen P.</i> 9:30AM-10:30AM (Strength) <i>Amy J.</i> 5:30PM-6:30PM (Strength) <i>Karen P.</i>	8:15AM-9:15AM (Strength) <i>Fabienne W.</i>	12:00PM-12:45PM (Strength) <i>Devon S.</i> 5:30PM-6:30PM (Strength) <i>Carol D.</i>	8:15AM-9:15AM (Strength) <i>Carol D.</i>	
Parkinson's Program Pen Air Studio	12:00PM-1:00PM (Functional Training) <i>Morgan P.</i>		12:00PM-1:00PM (Functional Training) <i>Arlene R.</i>		12:00PM-1:00PM (Functional Training) <i>Morgan P.</i>		
Core and More Greenhut Studio	12:00PM-1:00PM (Functional Training) <i>Fabienne W.</i>						
Water Fitness Activity Pool	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)	2:00PM-3:00PM (Water Fitness)		
Barre Fusion Pen Air Studio	3:00PM-4:00PM (Barre/Pilates) <i>Emily H.</i>	12:00PM-1:00PM (Barre/Pilates) <i>Emily H.</i>			8:15AM-9:15AM (Barre/Pilates) <i>Emily H.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons Activity Pool	3:30PM-6:30PM (Swim Lessons)	10:00AM-12:00PM (Swim Lessons)	3:30PM-6:30PM (Swim Lessons)	10:00AM-12:00PM (Swim Lessons)		9:00AM-12:00PM (Swim Lessons)	
Swim Lessons Lap Pool	3:30PM-6:30PM (Swim Lessons)		3:30PM-6:30PM (Swim Lessons)			9:00AM-12:00PM (Swim Lessons)	
Adult Volleyball Games Gym	6:45PM-8:45PM (Volleyball)			6:45PM-8:45PM (Volleyball)		11:00AM-1:00PM (Volleyball)	
Cycling Appleyard Cycle Studio		5:45AM-6:30AM (Cycling) <i>Marcy E.</i> 8:15AM-9:00AM (Cycling) <i>Steve M.</i> 4:45PM-5:30PM (Cycling) <i>Andrea R.</i> 6:00PM-6:45PM (Cycling) <i>Victoria B.</i>	8:15AM-9:00AM (Cycling) <i>Tammy C.</i>	5:45AM-6:30AM (Cycling) <i>Karen P.</i> 8:15AM-9:00AM (Cycling) <i>Tammy C.</i>	8:15AM-9:00AM (Cycling) <i>Steve M.</i> 12:00PM-12:45PM (Cycling) <i>Cheryl C.</i>	8:15AM-9:00AM (Cycling) <i>Victoria B.</i> 9:30AM-10:15AM (Cycling) <i>Steve K.</i>	
Vinyasa Flow Greenhut Studio		5:45AM-6:45AM (Yoga) <i>Heidi H.</i>					
Strength & Stretch on a Roll Pen Air Studio		8:15AM-9:15AM (Functional Training) <i>Michelle D.</i>		8:45AM-9:30AM (Functional Training) <i>Michelle D.</i>			
Soul Body Barre Unhitched Greenhut Studio		9:30AM-10:30AM (Barre/Pilates) <i>Fabienne W.</i>		9:30AM-10:30AM (Barre/Pilates) <i>Fabienne W.</i>			
Gentle Yoga Pen Air Studio		9:30AM-10:30AM (Yoga) <i>Alayna B.</i>				8:15AM-9:15AM (Yoga) <i>Lauren C.</i>	
Pickleball Gym		10:00AM-1:00PM (Pickleball)	6:00PM-8:00PM (Pickleball)	10:00AM-1:00PM (Pickleball)	10:00AM-12:00PM (Pickleball)	8:00AM-11:00AM (Pickleball)	12:00PM-5:00PM (Pickleball)
Chair Yoga Greenhut Studio		10:45AM-11:30AM (Senior Fitness) <i>Michelle D.</i>		10:45AM-11:30AM (Senior Fitness) <i>Alayna B.</i>			
Tai Chi Greenhut Studio		12:00PM-1:00PM (Yoga) <i>Wendy P.</i>		12:00PM-1:00PM (Yoga) <i>Wendy P.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball Gym		1:00PM-4:00PM (Basketball) 6:45PM-8:00PM (Basketball)	1:00PM-4:00PM (Basketball)	1:00PM-4:00PM (Basketball)	12:00PM-3:30PM (Basketball)		
Family/Open Swim Activity Pool		3:00PM-8:45PM (Family/Open Swim)		3:00PM-8:45PM (Family/Open Swim)	3:00PM-8:45PM (Family/Open Swim)	12:00PM-4:45PM (Family/Open Swim)	12:00PM-4:45PM (Family/Open Swim)
Les Mills BodyBalance Pen Air Studio		4:30PM-5:30PM (Yoga) <i>Brittany H.</i>					
Bootcamp Gym		5:30PM-6:30PM (General) 5:30PM-6:30PM (Functional Training) <i>Amelia M.</i>		5:30PM-6:30PM (General) 5:30PM-6:30PM (Functional Training) <i>Amelia M.</i>			
Water Aerobics Lap Pool		5:30PM-6:30PM (Water Fitness) <i>Dory B.</i>		5:30PM-6:30PM (Water Fitness) <i>Dory B.</i>			
LES MILLS BODYCOMBAT Greenhut Studio		5:30PM-6:30PM (Cardio) <i>Jamie T.</i>					
Yoga Burn Pen Air Studio		6:00PM-7:00PM (Yoga) <i>Heidi H.</i>					
Strength & Stability Greenhut Studio		6:35PM-7:05PM (Functional Training) <i>Betsy W.</i>					
Pilates Pen Air Studio			7:45AM-8:30AM (Barre/Pilates) <i>Michelle D.</i>				
Senior Fitness Greenhut Studio			10:45AM-11:30AM (Senior Fitness) <i>Michelle D.</i>		10:45AM-11:30AM (Senior Fitness) <i>Joan C.</i>		
Kettlebell AMPD Greenhut Studio			12:00PM-1:00PM (Functional Training) <i>Fabienne W.</i>				
Power Yoga Pen Air Studio			6:00PM-7:00PM (Yoga) <i>Heidi H.</i>				

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Yogalates Pen Air Studio				7:45AM-8:30AM (Yoga) <i>Marcy E.</i>			
Pump & Pedal Appleyard Cycle Studio				11:00AM-11:45AM (Cycling) <i>Miranda H.</i>			
Glow Ride Appleyard Cycle Studio				5:30PM-6:15PM (Cycling) <i>Emily H.</i>			
Step and Sculpt Greenhut Studio				5:30PM-6:30PM (Functional Training) <i>Emily H.</i>			
World Vibes Dance Greenhut Studio				6:35PM-7:35PM (Dance Fitness) <i>Sandra V.</i>			
Les Mills BodyBalance Greenhut Studio					5:45AM-6:45AM (Yoga) <i>Karen P.</i> 9:30AM-10:30AM (Yoga) <i>Amy J.</i>		
Restorative Yoga Pen Air Studio					9:30AM-10:30AM (Yoga) <i>Emily H.</i>		
Build & Burn Gym					5:00PM-5:45PM (General) <i>Mattie W.</i>		
Mobility and More Greenhut Studio					6:35PM-7:35PM (Yoga) <i>Dana W.</i>		
Zumba Greenhut Studio						9:30AM-10:30AM (Dance Fitness) <i>Dana W.</i>	
Vinyasa Flow Pen Air Studio						9:30AM-10:15AM (Yoga) <i>Emily H.</i>	
Special Olympics Gym						1:00PM-3:00PM (General)	



Community YMCA at Gulf Breeze | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Slam & Sweat Studio	8:30AM-9:30AM (Strength) <i>Emily H.</i>						
SHiNE Dance Studio	9:30AM-10:30AM (Dance Fitness) <i>Tonya F.</i>				9:30AM-10:30AM (Dance Fitness) <i>Tonya F.</i>		
Kettlebell 30 Studio	10:40AM-11:10AM (Functional Training) <i>Kristen T.</i>						
Chisel Studio		8:00AM-9:00AM (Strength) <i>Beth E.</i>		8:00AM-9:00AM (Strength) <i>Beth E.</i>			
Yoga Flow Studio		9:15AM-10:15AM (Yoga) <i>Anh V.</i>	6:15PM-7:15PM (Yoga) <i>Katherine V.</i>	10:30AM-11:30AM (Yoga) <i>Sharla G.</i>			
Use it or Lose it Studio		10:30AM-11:30AM (Functional Training) <i>Sharla G.</i>	5:00PM-6:00PM (Functional Training) <i>Sharla G.</i>	9:15AM-10:15AM (Functional Training) <i>Sharla G.</i>			
POUND Rockout Workout Studio		5:00PM-6:00PM (Cardio) <i>Jami M.</i>					
Pilates Studio		6:15PM-7:15PM (Barre/Pilates) <i>Marcy E.</i>					
Barre Fusion Studio			8:30AM-9:30AM (Barre/Pilates) <i>Emily H.</i>				
Step and Sculpt Studio				5:00PM-6:00PM (Functional Training) <i>Devon S.</i>			
Build & Burn Studio					8:15AM-9:15AM (Strength) <i>Hind T.</i>	8:30AM-9:30AM (Strength) <i>Hind T.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
World Vibes Dance Studio					5:45PM-6:45PM (Dance Fitness) <i>Sandra V.</i>		