



Hazleton YWCA Group Exercise Schedule January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Boot Camp class Wednesday & Thursday will be held in the downstairs fitness room</i></p>		<p>1</p>  <p>Closed Happy New Years</p>	<p>2</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING BARRE 5:00pm 6:00 RetroRobics ZUMBA 7:00pm 7:00 Boot Camp</p>	<p>3</p> <p>9:40 Cycle PILOXING 10:15am 5:15 Insanity LES MILLS BODYPUMP 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>4</p> <p>LES MILLS BODYCOMBAT 9:00am PILOXING BARRE 10:15am 7:00 Boot Camp</p>	<p>5</p> <p>LES MILLS BODYCOMBAT 9:00am Launch 78 LES MILLS BODYPUMP 10:15am Launch 108</p>
6	<p>7</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING 5:00pm 6:00 Tabata 8:00 Boot Camp</p>	<p>8</p> <p>9:40 Cycle 10:15 Latin Fitness Dance LES MILLS BODYCOMBAT 5:30pm LES MILLS BODYPUMP 6:30pm</p>	<p>9</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING BARRE 5:00pm 6:00 RetroRobics ZUMBA 7:00pm 7:00 Boot Camp</p>	<p>10</p> <p>9:40 Cycle PILOXING 10:15am 5:15 Insanity LES MILLS BODYPUMP 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>11</p> <p>LES MILLS BODYCOMBAT 9:00am PILOXING BARRE 10:15am 7:00 Boot Camp</p>	<p>12</p> <p>8:30 Cycle 9:20 Total Body Conditioning LES MILLS BODYPUMP 10:15am</p>
13	<p>14</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING 5:00pm 6:00 Strong By Zumba 8:00 Boot Camp</p>	<p>15</p> <p>9:40 Cycle 10:15 Latin Fitness Dance LES MILLS BODYCOMBAT 5:30pm LES MILLS BODYPUMP 6:30pm</p>	<p>16</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING BARRE 5:00pm 6:00 RetroRobics ZUMBA 7:00pm 7:00 Boot Camp</p>	<p>17</p> <p>9:40 Canceled PILOXING Canceled 5:15 Insanity LES MILLS BODYPUMP 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>18</p> <p>LES MILLS BODYCOMBAT 9:00am PILOXING BARRE 10:15am 7:00 Boot Camp</p>	<p>19</p> <p>8:30 Cycle 9:20 Total Body Conditioning LES MILLS BODYPUMP 10:15am</p>
20	<p>21</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING 5:00pm 6:00 R.I.P.P.E.D. 8:00 Boot Camp</p>	<p>22</p> <p>9:40 Cycle 10:15 Latin Fitness Dance LES MILLS BODYCOMBAT 5:30pm LES MILLS BODYPUMP 6:30pm</p>	<p>23</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING BARRE 5:00pm 6:00 RetroRobics ZUMBA 7:00pm 7:00 Boot Camp</p>	<p>24</p> <p>9:40 Cycle PILOXING 10:15am 5:15 Insanity LES MILLS BODYPUMP 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	<p>25</p> <p>LES MILLS BODYCOMBAT 9:00am PILOXING BARRE 10:15am 7:00 Boot Camp</p>	<p>26</p> <p>8:30 Cycle 9:20 Total Body Conditioning LES MILLS BODYPUMP 10:15am</p>
27	<p>28</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING 5:00pm 6:00 Piloxing Knockout 8:00 Boot Camp</p>	<p>29</p> <p>9:40 Cycle 10:15 Latin Fitness Dance LES MILLS BODYCOMBAT 5:30pm LES MILLS BODYPUMP 6:30pm</p>	<p>30</p> <p>9:40 Cycle LES MILLS BODYPUMP 10:15am PILOXING BARRE 5:00pm 6:00 RetroRobics ZUMBA 7:00pm 7:00 Boot Camp</p>	<p>31</p> <p>9:40 Cycle PILOXING 10:15am 5:15 Insanity LES MILLS BODYPUMP 6:00pm 7:00 Yoga 7:00 Boot Camp</p>	 <p>Bring on the NEW YEAR!</p>	