

Programs Schedule for Placentia Regional YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	9:15-10:00am HIIT (12+) <i>Multi-Purpose Room (MPR)</i>	9:15-10:15am Child Minding 0-9yrs <i>Multi-Purpose Room (MPR)</i>	9:15-10:00am Circuit Training 12+ <i>Conditioning Centre (CC)</i>	9:30-10:15am Fit Families <i>Multi-Purpose Room (MPR)</i>	9:15-10:00am HIIT 12+ <i>Multi-Purpose Room (MPR)</i>	9:15-10:15am Yoga 12+ <i>Multi-Purpose Room (MPR)</i>
	10:30-11:15am Kettlebell 12+ <i>MPR</i>	9:30- 10:15am Boot Camp 12+ <i>CC</i>	10:45-11:30am Functional Fitness 12+ <i>MPR</i>	10:30-11:30am Align & Flex 12+ <i>MPR</i>	10:30-11:15am Kettlebell 12+ <i>MPR</i>	10:30-11:30am Child Minding 0-9yrs <i>MPR</i>
		10:30-11:30am Yoga 12+ <i>MPR</i>				
Afternoon						
		12:15-12:45pm Kettlebell Express 12+ <i>MPR</i>		12:15-12:45pm HIIT Express 12+ <i>MPR</i>		
	3:45-4:30pm Chair Fitness 12+ <i>MPR</i>	3:45-4:30pm Circuit Training 12+ <i>MPR</i>		3:45-4:30pm Kettlebell 12+ <i>MPR</i>		
	4:45-5:30pm Ball Fit 12+ <i>MPR</i>		4:45-5:30pm Ball Fit 12+ <i>MPR</i>		3:45-4:30pm Teen Learn to Lift 12-19yrs (2 wks – registration required) <i>CC</i>	
Evening						
	5:45-6:45pm Child Minding 0-9yrs <i>MPR</i>	5:15-6:00pm Ladies Learn to Lift 12+ <i>CC</i> (2 wks – registration required)	5:45-6:45pm Yoga 12+ <i>MPR</i>	5:30-6:15pm Circuit Training 12+ <i>MPR</i>		
		6:15-7:00pm Align & Flex 12+ <i>MPR</i>				

*Schedule is subject to change without notice. View "Notices" tab on ymcanl.com for all the latest details

MPR – Multi-purpose Room **CC** – Conditioning Centre