



Keith Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Express Keith Family YMCA Book	4:45PM-5:15PM (Group Exercise) <i>Kimberly L.</i>						
Cycle Keith: Group Exercise Studio Book			7:15AM-8:00AM (Group Exercise) <i>Keith I.</i>		8:00AM-8:45AM (Group Exercise) <i>Allison L.</i>		
Cycle Keith: Fitness Center Studio Book			5:30PM-6:15PM (Group Exercise) <i>Kimberly L.</i>				
Cycle/Strength Keith: Fitness Center Studio Book						10:00AM-10:45AM (Group Exercise) <i>Keith I.</i>	



Dowd YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Dowd: Cycle Studio Book	5:00PM-5:45PM (Group Exercise) <i>Caroline M.</i> 6:00PM-6:50PM (Group Exercise) <i>Cara B.</i>	5:15AM-6:00AM (Group Exercise) <i>Kesha D.</i> 6:15AM-7:00AM (Group Exercise) <i>Caroline M.</i> 8:30AM-9:15AM (Group Exercise) <i>Julie W.</i> 11:30AM-12:15PM (Group Exercise) <i>Tabbatha H.</i> 6:00PM-6:45PM (Group Exercise) <i>Allison L.</i>	6:15AM-7:00AM (Group Exercise) <i>Minnie H.</i> 11:30AM-12:15PM (Group Exercise) <i>Caroline M.</i> 5:30PM-6:15PM (Group Exercise) <i>Emma B.</i>	6:15AM-7:00AM (Group Exercise) <i>Ron Z.</i> 11:30AM-12:15PM (Group Exercise) <i>Coley L.</i> 5:00PM-5:45PM (Group Exercise) <i>Christina G.</i> 6:00PM-6:45PM (Group Exercise) <i>Christina G.</i>	6:15AM-7:00AM (Group Exercise) <i>Vidette D.</i> 11:30AM-12:15PM (Group Exercise) <i>Ron Z.</i>	7:45AM-8:30AM (Group Exercise) <i>Kesha D.</i> 9:00AM-9:45AM (Group Exercise) <i>Julie W.</i>	1:15PM-2:05PM (Group Exercise) <i>Darren S.</i>



Harris YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Harris: Cycle Studio Book	5:30PM-6:15PM (Group Exercise) <i>John Z.</i>	6:15AM-7:00AM (Group Exercise) <i>Ron Z.</i> 9:30AM-10:15AM (Group Exercise) <i>Betsy H.</i> 5:00PM-5:45PM (Group Exercise) <i>Matthew P.</i>	10:45AM-11:30AM (Group Exercise) <i>Betsy H.</i>	6:15AM-7:00AM (Group Exercise) <i>Linda M.</i> 9:30AM-10:15AM (Group Exercise) <i>Catherine P.</i> 5:00PM-5:45PM (Group Exercise) <i>Julia G.</i>	10:45AM-11:30AM (Group Exercise) <i>Betsy H.</i>	9:15AM-10:00AM (Group Exercise) <i>Brandon B.</i>	12:30PM-1:15PM (Group Exercise) <i>Megan S.</i>



Lowe's YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle/Strength Lowe's: Studio A Book	5:30PM-6:20PM (Group Exercise) <i>Kristal C.</i>						
Cycle Lowe's: Studio A Book			5:30PM-6:20PM (Group Exercise) <i>Sanja K.</i>			8:00AM-8:50AM (Group Exercise) <i>Sanja K.</i>	



Brace Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Brace: Cycle Studio Book	5:45PM-6:30PM (Group Exercise) <i>Jaimee P.</i>	5:45AM-6:30AM (Group Exercise) <i>Christa S.</i> 8:00AM-8:45AM (Group Exercise) <i>Janie L.</i> 12:15PM-1:00PM (Group Exercise) <i>Jaimee P.</i> 4:00PM-4:45PM (Group Exercise) <i>Joe F.</i>	7:00AM-7:45AM (Group Exercise) <i>Daniele H.</i> 9:15AM-10:00AM (Group Exercise) <i>Anne M.</i> 5:45PM-6:30PM (Group Exercise) <i>Samantha G.</i>	5:45AM-6:30AM (Group Exercise) <i>Jaimee P.</i> 8:00AM-8:45AM (Group Exercise) <i>Daniele H.</i> 4:00PM-4:45PM (Group Exercise) <i>Joe F.</i>	7:00AM-7:45AM (Group Exercise) <i>Samantha G.</i> 9:15AM-10:00AM (Group Exercise) <i>Janie L.</i>	8:00AM-8:55AM (Group Exercise) <i>Jaimee P.</i> 3:00PM-3:45PM (Group Exercise) <i>Joe F.</i>	1:30PM-2:25PM (Group Exercise) <i>Jaimee P.</i>



Lake Norman YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle/Strength Lake Norman: Cycle Studio Book	6:30PM-7:15PM (Group Exercise) <i>Christien B.</i>						
Cycle Lake Norman: Cycle Studio Book		8:30AM-9:15AM (Group Exercise) <i>Sherri M.</i>	6:15AM-7:00AM (Group Exercise) <i>Darcy R.</i> 9:30AM-10:30AM (Group Exercise) <i>Mark P.</i>	9:30AM-10:15AM (Group Exercise) <i>Christien B.</i>	6:15AM-7:00AM (Group Exercise) <i>Kristy S.</i> 9:30AM-10:15AM (Group Exercise) <i>Cary W.</i>	8:30AM-9:15AM (Group Exercise) <i>Jessica P.</i>	



Childress Klein YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Childress Klein: Cycle Studio Book		5:45AM-6:50AM (Group Exercise) <i>John C.</i>					



Morrison Family YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Zone Cycling Morrison: Cycle Studio Book		6:00AM-6:50AM (Group Exercise) <i>Brandon B.</i>					
Cycle Morrison: Cycle Studio Book		6:00PM-6:45PM (Group Exercise) <i>John Z.</i>				9:00AM-9:45AM (Group Exercise) <i>John Z.</i>	
Rhythm Cycle Morrison: Cycle Studio Book			9:30AM-10:15AM (Group Exercise) <i>Jaimee P.</i>		8:45AM-9:30AM (Group Exercise) <i>Kimberly J.</i>		
Rhythm Cycle Morrison Family YMCA Book					5:45AM-6:30AM (Group Exercise) <i>Kim B.</i>		



Simmons YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Simmons: Group Exercise Studio Book		8:45AM-9:30AM (Group Exercise) <i>Amanda O.</i>		8:45AM-9:30AM (Group Exercise) <i>Rita P.</i>		8:30AM-9:15AM (Group Exercise) <i>Simmons R.</i>	



Stratford Richardson YMCA | September 8th - September 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Book		7:00PM-7:45PM (Group Exercise) <i>Tamika C.</i>		7:00PM-7:45PM (Group Exercise) <i>Tamika C.</i>		9:30AM-10:15AM (Group Exercise) <i>Tamika C.</i>	
Cycle Stratford Richardson YMCA Book		7:00PM-7:45PM (Group Exercise) <i>Tamika C.</i>		7:00PM-7:45PM (Group Exercise) <i>Tamika C.</i>		9:30AM-10:15AM (Group Exercise) <i>Tamika C.</i>	