



Mt. Laurel YMCA | June 9th - June 15th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Open Gym Full Gym							7:00AM-8:45AM (Open Gym) 11:15AM-4:30PM (Open Gym)
Lap Swimming Lap Pool (6 Lanes)							7:15AM-12:30PM (Lap Swimming)
Cycle Studio A							8:00AM-8:50AM (Cycle) <i>Irene E.</i>
Pickleball Gym A							8:45AM-11:15AM (Pickleball)
General Open Gym Gym B							8:45AM-11:15AM (Open Gym)
Trim and Sculpt Studio C							9:00AM-9:50AM (Strength) <i>Mary G.</i>
Yoga Studio B							9:30AM-10:20AM (Yoga & Pilates) <i>Celeste H.</i>
Zumba Gold Studio B							12:00PM-12:50PM (Active Older Adult) <i>Denette B.</i>
Lap Swimming Lap Pool (1 Lane)							12:30PM-4:00PM (Lap Swimming)
Lap Swimming Lap Pool (3 Lanes)							4:00PM-4:30PM (Lap Swimming)