



Mt. Laurel YMCA | July 21st - July 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Open Gym Full Gym						7:00AM-10:00AM (Open Gym) 12:00PM-4:30PM (Open Gym)	7:00AM-8:45AM (Open Gym) 11:15AM-4:30PM (Open Gym)
Lap Swimming Lap Pool (6 Lanes)						7:15AM-8:50AM (Lap Swimming) 12:00PM-12:30PM (Lap Swimming) 3:00PM-4:30PM (Lap Swimming)	7:15AM-12:30PM (Lap Swimming) 4:00PM-4:30PM (Lap Swimming)
Cycle Studio A						8:00AM-8:50AM (Cycle) <i>Irene E.</i>	8:00AM-8:50AM (Cycle) <i>Irene E.</i>
Yoga Studio B						8:30AM-9:20AM (Yoga & Pilates) <i>Anu S.</i>	9:30AM-10:20AM (Yoga & Pilates) <i>Annette G.</i>
KidZone Open Care Kid Zone						8:30AM-12:30PM (Kidzone)	
Kettlebells Studio C						9:00AM-9:50AM (Strength) <i>Sasha Y.</i>	
Launch - LES MILLS BODYPUMP Studio B						9:30AM-10:20AM (Les Mills) <i>Sheryl D.</i>	
Programming - Reserved Gym B						10:00AM-12:00PM (Open Gym)	
General Open Gym Gym A						10:00AM-12:00PM (Open Gym)	
Launch - LES MILLS BODYBALANCE Studio B						10:30AM-11:20AM (Les Mills) <i>Sheryl D.</i>	
Line Dancing Studio B						12:15PM-1:05PM (Dance) <i>Shamsun N.</i>	
Family Swim Lap Pool (3 Lanes)						12:30PM-3:00PM (Family Swim)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swimming Lap Pool (3 Lanes)						12:30PM-3:00PM (Lap Swimming)	
Zumba Studio B						1:15PM-2:05PM (Dance) <i>Shamsun N.</i>	
Pickleball Gym A							8:45AM-11:15AM (Pickleball)
General Open Gym Gym B							8:45AM-11:15AM (Open Gym)
Strong Nation Studio C							9:00AM-9:50AM (Dance) <i>Joemille S.</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)