




# McBurney Y Studio 1 Schedule

6/28/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6	Stretching 6:30am - 8:15pm	Stretching	Stretching 6:30am - 8:15pm	Stretching 6:30am - 8:45am  Stretching 9:00am - 10:15am  Gentle Yoga 10:30am - 11:15am  Pilates Mat 11:30am - 12:15pm  Stretching 12:45pm - 8:15pm	Stretching 6:30am - 8:15pm			6				
7		Hatha Yoga 7:00am - 7:45am								7		
8		Stretching 8:00am - 8:45am				Stretching 12:00pm-3:45pm				Stretching 8:00am - 8:45am	Stretching 8:00am - 2:45pm	8
9		Stretching 9:00am - 9:45am								Vinyasa Yoga 9:00am-9:45am		9
10		Stretch & Release 10:15am - 11:00am								Pre-Ballet  Basic Ballet 9:45am - 12:00pm		10
11		Barre Workout 11:15am - 12:00pm								Youth Karate 12:00pm - 1:00pm		11
12										Stretching 1:00pm - 2:45pm		12
1												
2							2					
3								3				
4		Hatha Yoga 4:00pm - 4:45pm						4				
5		Stretching 5:00pm - 8:15pm				* Fee based class. Please stop by the front desk for more information		5				
6					Schedule subject to change		6					
7								7				
8	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning			8				