




McBurney Y Studio 1 Schedule

10/12/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6								6
7								7
8						Stretching 8:00am - 9:45am	Stretching 8:00am - 2:45pm	8
9								9
10						Pre-Ballet* Basic Ballet* 9:45am - 12:00pm		10
11								11
12				Stretching 6:30am - 6:45pm		Ballet Barre 12:00pm - 1:00pm		12
1	Stretching 6:30am - 8:15pm	Stretching 6:30am - 8:15pm	Stretching 6:30am - 8:15pm		Stretching 6:30am - 8:15pm	Stretching 1:00pm - 2:45pm		1
2								2
3								3
4						Schedule subject to change 		4
5								5
6								6
7				AOA Hatha Yoga 6:30pm-7:30pm				7
8	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning			8



McBurney Y Studio 2 Schedule

10/12/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6	Stretching 6:30am - 9:45am	Stretching	Vinyasa Yoga	Stretching 6:30am - 10:15am	Stretching 6:30am - 9:00am AOA Strech & Release	Stretching 8:00am - 8:45am Vinyasa Yoga 9:00am-9:45am	Stretching 8:00am - 2:45pm	6
7		Hatha Yoga 7:00am - 7:45am	7:00am-7:45am					7
8		Stretching 8:00am - 11:15am	Stretching 8:00am-8:45am					8
9			Core & Strength Training 9:00am-9:45am					9
10	AOA Gentle Yoga 10:00am-10:45am	AOA Cardio Conditioning 10:00am - 10:45am	Grown Up & Me Movement* 10:00am-11:15am	Gentle Yoga 10:30am - 11:15am	Stretching 10:00am - 1:15pm	Stretching 9:45am - 12:00pm Youth Karate 12:00pm - 1:00pm	Stretching 8:00am - 2:45pm	10
11	Total Body Conditioning 11:45am - 12:30pm	Stretch & Release 11:30am - 12:15pm	AOA Chair Yoga 11:30am-12:15pm	Pilates Mat 11:30am - 12:15pm				11
12		Stretching 12:15pm - 1:00pm	Stretching 12:15pm-3:15pm					12
1	Stretching 12:30pm - 6:00pm	Pilates Mat 1:00pm - 1:45pm						Interval Cardio SCULPT 1:30pm-2:15pm
2		Hatha Yoga 2:00pm-2:45pm		Stretch & Release 1:30pm-2:15pm	Stretching 2:15pm-3:15pm	2		
3				Isadora Duncan Modern Dance*	Youth Karate* 3:3pm-4:15pm	Stretching 2:30pm - 3:15pm	3	
4			Stretching	3:30pm - 5:00pm	Pre-Ballet* Basic Ballet* 3:30pm-5:00pm	4		
5		Stretching 2:45pm - 8:00pm	Classical Ballet	Stretching 4:30pm-6:30pm	Ballet Barre 5:15pm - 6:00pm	* Fee based class. Please stop by the front desk for more information Schedule subject to change	Stretching 6:00pm-8:00pm	5
6	GROOVE 6:00pm - 6:45pm		5:30pm-6:15pm	Zumba 6:30pm-7:15pm	Stretching 6:00pm-8:00pm			6
7	Stretching 7:00pm-8:00pm		Stretching 6:15pm-8:00pm					7
8	<i>Closed for Cleaning</i>		<i>Closed for Cleaning</i>					<i>Closed for Cleaning</i>

