



YMCA OF GREATER NEW YORK
Where there's a Y, there's a way.

McBurney Y Studio 1 Schedule

5/2/2022

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





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McBurney Y Studio 2 Schedule

5/2/2022

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

