




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

McBurney Y Studio 1 Schedule

7/5/2022


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



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

McBurney Y Studio 2 Schedule

7/5/2022

	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 Dance Cardio 11:00am - 11:45am	STEP 11:00am - 11:45am	Stretching 11:00am - 4:45pm	11	
12	Total Body Conditioning 11:45am - 12:30pm	Stretching 12:00pm - 1:00pm			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
1	AOA Strength Training 1:00pm - 1:45pm	Pilates Mat 1:00pm - 1:45pm	Stretching 1:30pm - 3:15pm	Stretching 1:15pm - 3:15pm	Stretching 12:45pm - 1:45pm	Stretching 1:00pm - 4:45pm			1
2	Stretching 2:00pm - 5:45pm	Hatha Yoga 2:00pm - 2:45pm							Pilates Mat 2:00pm - 2:45pm
3		Stretching 2:45pm - 4:00pm	Isadora Duncan Modern Dance* 3:30pm - 5:00pm	Youth Karate* 3:3pm - 4:15pm	Stretching				3
4		AOA Strength Training 4:00pm - 4:45pm					Pre-Ballet* Basic Ballet* 3:30pm - 5:00pm		
5				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 		5
6	GROOVE 6:00pm - 6:45pm	Stretching 4:45pm - 8:45pm	Interval Cardio Sculpt 6:15pm - 7:00pm	Zumba 6:30pm - 7:15pm	Stretching 6:15pm - 8:45pm				6
7	Boxing 7:00pm - 8:00pm		Stretching 7:00pm-8:45pm	Stretching 7:15pm - 8:45pm					
8	Stretching 8:00pm - 8:45pm								
	<i>Closed for Cleaning</i>	<i>Closed for Cleaning</i>	<i>Closed for Cleaning</i>	<i>Closed for Cleaning</i>	<i>Closed for Cleaning</i>				