



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

# McBurney Y Studio 1 Schedule

10/31/2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday														
6	<p><i>Stretching</i> 6:00am - 8:45pm</p>	<p><i>Stretching</i> 6:00am - 6:30pm</p>	<p><i>Stretching</i> 6:00am - 3:30pm</p>	<p><i>Stretching</i> 11:30am - 6:15pm</p>	<p><i>Stretching</i> 6:00am - 3:30pm</p>	<p><i>Stretching</i> 1:00pm - 4:45pm</p>	<p><i>Stretching</i> 11:30am - 4:45pm</p>	6													
7								7													
8								8													
9								9													
10								10													
11								11													
12								12													
1								1													
2								2													
3								3													
4								4													
5								<p>Iyengar Yoga 4:45pm - 6:00pm</p>	<p>H.I.I.T 6:30pm - 7:15pm</p>	<p>Isadora Duncan Modern Dance* 3:30pm - 5:00pm</p>	<p>H.I.I.T 6:30pm - 7:15pm</p>	<p>Vinyasa Yoga 3:45pm - 5:00pm</p>	<p><i>Stretching</i> 5:00pm - 6:00pm</p>	<p>* Fee based class. Please stop by the front desk for more information</p>	5						
6	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p><i>Stretching</i> 6:30pm - 8:45pm</p>	<p>Classical Ballet 5:15pm - 6:15pm</p>	<p>H.I.I.T 6:00pm - 6:45pm</p>	<p><i>Stretching</i> 6:45pm - 8:45pm</p>	<p><i>Stretching</i> 5:00pm - 6:00pm</p>	<p>Schedule subject to change</p>	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>	<i>Closed for Cleaning</i>	<i>Closed for Cleaning</i>	8






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

# McBurney Y Studio 2 Schedule

10/31/2022

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