



# McBurney Y Studio 1 Schedule

02/27/2023

	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> 6:00am - 10:00am</p>	<p><i>Stretching</i> 6:00am - 3:30pm</p>			6			
7						7					
8				<p><i>Stretching</i> 8:00am - 10:45am</p>		<p><i>Stretching</i> 8:00am - 9:45am</p>	8				
9							9				
10				<p>Iyengar Yoga 10:00am - 11:15am</p>		<p>Iyengar Yoga 10:00am - 11:15am</p>	<p><i>Stretching</i> 11:30am - 6:15pm</p>	<p><i>Stretching</i> 6:00am - 3:30pm</p>	<p>Step 11:00am - 11:45am</p>	<p>Iyengar Yoga 10:00am - 11:15am</p>	10
11											11
12				<p><i>Stretching</i> 11:30am - 6:15pm</p>		<p>Youth Karate 12:00pm - 1:00pm</p>	<p><i>Stretching</i> 11:30am - 4:45pm</p>	<p><i>Stretching</i> 1:00pm - 4:45pm</p>	<p>Stretching 11:00am - 11:45am</p>	<p>Stretching 11:30am - 4:45pm</p>	12
1											1
2	<p>Isadora Duncan Modern Dance*</p>	<p>Vinyasa Yoga 3:45pm - 5:00pm</p>	<p><i>Stretching</i> 1:00pm - 4:45pm</p>	<p><i>Stretching</i> 1:00pm - 4:45pm</p>	<p><i>Stretching</i> 1:00pm - 4:45pm</p>	<p><i>Stretching</i> 1:00pm - 4:45pm</p>	2				
3							3				
4	<p>Iyengar Yoga 4:45pm - 6:00pm</p>	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	4			
5								5			
6	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p>H.I.I.T 6:30pm - 7:15pm</p>	<p><i>Stretching</i> 6:30pm - 8:45pm</p>	<p><i>Stretching</i> 7:30pm - 8:45pm</p>	<p><i>Stretching</i> 7:30pm - 8:45pm</p>	<p><i>Stretching</i> 7:30pm - 8:45pm</p>	<p><i>Stretching</i> 7:30pm - 8:45pm</p>	6			
7								7			
8	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	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>				

\* Fee based class. Please stop by the front desk for more information


Schedule subject to change





# McBurney Y Studio 2 Schedule

02/27/2023

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