


McBurney Y Studio 2 Schedule

05/04/23

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



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

McBurney Y Studio 1 Schedule

05/04/23

	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>
6	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p>Classical Ballet 5:15pm-6:15pm</p>	<p><i>Stretching</i> 6:00am - 11:15am</p>	<p>H.I.T.T. 6:00pm - 6:45pm</p>	<p><i>Stretching</i> 11:00am-11:45am</p>	<p>Iyengar Yoga 10:00am - 11:15am</p>	10	
7	<p><i>Stretching</i> 6:00pm - 8:45pm</p>	<p>H.I.T.T. 6:30pm - 7:15pm</p>	<p><i>Stretching</i> 6:30pm - 8:45pm</p>	<p>H.I.T.T. 6:30pm - 7:15pm</p>	<p><i>Stretching</i> 12:00pm - 1:00pm</p>	<p><i>Stretching</i> 11:30am - 4:45pm</p>	11	
8	<p><i>Closed for Cleaning</i></p>	<p><i>Stretching</i> 7:15pm - 8:45pm</p>	<p><i>Closed for Cleaning</i></p>	<p><i>Stretching</i> 7:30pm - 8:45pm</p>	<p><i>Stretching</i> 6:45pm - 8:45pm</p>	<p><i>Closed for Cleaning</i></p>	12	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	1	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	2	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	3	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	4	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	5	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	6	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	7	
	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	<p><i>Closed for Cleaning</i></p>	8	

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

Schedule subject to change

