




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

McBurney Y Studio 1 Schedule

9/4/23


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



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McBurney Y Studio 2 Schedule

9/4/23

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