



# Maquoketa YMCA LES MILLS OPEN HOUSE October 4th and 5th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
				5:30-6:00 AM Kettlebell GYM			
				6:10-6:35 AM Body Attack MPR			
				6:40-7:10 AM Body Pump MPR			
				7:20-7:40 AM Body Balance MPR	7:30-8:00 AM RPM MPR	8:15am-4:45 On Demand MPR	
				7:20-7:40 AM Water Walking Pool	8:10-8:40 AM Body Pump MPR		
				9:30A - 3:15PM On Demand MPR	8:50-9:05 AM Core MPR		
				3:15-3:30 PM Born to Move MPR	9:15-9:45 AM Body Attack MPR		
				3:40-4:00 PM Sprint MPR	9:55-10:15 AM Grit MPR		
				4:15-4:45 PM Body Pump MPR	10:20-10:55 AM RPM MPR		
				4:50-5:10 PM Grit MPR	11:05-11:35 AM Body Pump MPR		
				5:15-5:40 PM Body Attack MPR	12:00-12:30 PM Body Combat MPR		
				5:50-6:20 PM Body Combat MPR	12:40-1:10 PM Dance MPR		
				6:30-7:00 PM RPM MPR	1:20-1:40 PM Sprint MPR		
				6:30-7:00 PM On Demand MPR	1:40-4:45 PM On Demand MPR		
				YMCA Closes 8:00 PM	YMCA Closes 5:00 PM		YMCA Closes 5:00 PM

All Classes Listed in Gray will be Virtual Classes in the Multipurpose Room played on the TV.