



# SMALL GROUP TRAINING



## TRI-LAKES YMCA JULY 2024 SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 a.m.	BurnZone Darci 7:30 a.m.		BurnZone Darci 7:30 a.m.		BurnZone Darci 7:30 a.m.	
8:00 a.m.		TRX Tanja 8:45 a.m. (Synergy)				
9:00 a.m.	TRX Tanja 9:00 a.m. (Synergy)		HIIT TRX Tanja 9:00 a.m. (Synergy)			
9:30 a.m.			TRX Tanja 9:30 a.m. (Synergy)	TRX Tanja 9:30 a.m. (Synergy)		Sunday No Classes
			BurnZone Faith 9:30 a.m.			
10:00 a.m.					BurnZone Faith 10:30 a.m.	

MP = Multi purpose room, Mi = Mini purpose room, C= Cycle Studio, G = Gym  
 Cardio classes, Strength Classes, Mind Body Classes, Combo Cardio and Strength Classes

**Registration required for Small Group Training classes:**  
 Turf & equipment are available to members when classes are not in session.

All class are 55 minutes unless otherwise noted.  
 Class & Instructor subject to change check the app for the most up to date information.