



Burlington Gymnasium Schedule

June 21 - August 22, 2010

Updated: 6/29/10

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Chisel 6:00-6:55 Jen S	BODYPUMP 6:00-6:55 Jen S	Cardio Sculpt 6:00-6:55 Cherie	Spin 6:55	6:00- Susan	Flow Yoga 6:00-6:55 Susan	
6:30							
7:00	Adult Basketball 7:00-7:55	Open Basketball 7:00-7:55	Adult Basketball 7:00-8:00	Open Basketball 7:00-7:55	Adult Basketball 7:00-7:55	Open Basketball 6:00-8:25	Open Basketball 7:00-8:50
7:30							
8:00	Silver Foxes 8:00-8:50 Steve	Vinyasa Yoga 8:00-8:55 Jen H	Silver Foxes 8:00-8:50 Steve	Flow Yoga 8:00-8:55 Susan	Silver Foxes 8:00-8:50 Ally	BODYPUMP 8:30-9:30 Sarah	
8:30							
9:00	Step 9:00-9:55 Dianne	Ripped! 9:00-9:55 Dianne	Butts & Guts 9:00-9:45 Travis	Turbo Ripped! 9:00-9:45 Travis	Step & Sculpt 9:00-10:00 Tonya		Cardio Sculpt 9:00-10:00 Khristine
9:30							
10:00	Pre-School Gym 10:00-12:00	Pre-School Gym 10:00-11:30	Pre-School Gym 10:00-11:30	Pre-School Gym 10:00-11:30	Open Gym 10:15- 12:00	Kundalini Yoga 10:00-11:30 Sarab	Open Gym 10:15-12:00
10:30							
11:00							
11:30							
12:00	Reebok Core 12:10-12:55 Travis	Adult Basketball 11:30-1:30	Reebok Core 12:10-12:55 Travis	Adult Basketball 11:30-1:00	Reebok Core 12:10-12:55 Travis		Open Gym or Birthday Rental 12:00-2:00
12:30							
1:00	Camp Israel 1:00-2:00	Open Basketball 1:30-3:00	Camp Israel 1:00-2:00	Camp Israel 1:00-2:00	Open Basketball 1:00-2:00	Open Gym or Birthday Rental 11:45-5:00	YMCA Closed @ 2
1:30							
2:00	Y Summer Camp 2:00-5:00	Y Summer Camp 3:00-5:00	Y Summer Camp 2:00-5:00	Y Summer Camp 3:00- 5:00	Adult Volleyball 2:00-4:30		
2:30							
3:00							
3:30							
4:00							
4:30					Y Summer Camp 4:30-5:00		
5:00		Reebok Core 5:10-5:55 Cherie	Open Basketball 5:00-5:25		Open Basketball 5:00-5:25	YMCA Closed @ 5	
5:30	BODYPUMP 5:15-6:15 Tonya			BODYPUMP 5:30-6:25 Jen			BODYPUMP 5:10-6:10 Tonya
6:00		Zumba 6:00-7:00 Angel		Step 6:15-7:00 Vika			
6:30	Fitness Pilates 6:30-7:25 Adria		Willpower & Grace 6:40-7:40 Amanda				
7:00		Open Basketball 7:00-9:00	Open Basketball 7:45-9:00	Open Basketball 7:00-9:00	Teen Midnight Basketball League 6:30-Close		
7:30							
8:00	Open Basketball 7:30-9:00						
8:30							

Preshool/School Age	Yoga	Family Programs	Adult Programs	Senior Programs	Open Basketball	Group Fitness Classes
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