

YMCA of Burlington County | Mt. Laurel Upstairs Stretch Room

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:30							
6:30-7:00							
7:00-7:30							
7:30-8:00							
8:00-8:30							
8:30-9:00			Meeting Block 8 - 10		Yoga -Terry 8:35 - 9:35		
9:00-9:30		Intro to Pilates 9:00 - 10:00- Annette		Intro to Pilates 9:00 - 10:00- Annette		Morning Stretch - Ed 9:00 - 9:30	
9:30-10:00							
10:00-10:30		Ring Pilates 10:00 - 11:00- Annette		Ring Pilates 10:00 - 11:00 Annette	Ps Adventure 10:15 - 11:00	Aikido 10:45 - 11:45	
10:30-11:00							
11:00-11:30					Art (7/9 start) 11:15 - 12:00		
11:30-12:00		MWP 11:00-12pm	Meeting Block 11-2:30pm				
12:00-12:30							
12:30-1:00							
1:00-1:30		LAF YMCA 1:00 - 2:30 Myrna		LAF YMCA 1:00 - 2:30 Cynthia			
1:30-2:00							
2:00-2:30							
2:30-3:00							
3:00-3:30							
3:30-4:00							
4:00-4:30				Tumblin' Tots 4:00 - 4:45			
4:30-5:00							
5:00-5:30							
5:30-6:00	Intro to Yoga - Mary 5:30 - 6:30						
6:00-6:30			Yoga -Terry 5:30 - 7:00				
6:30-7:00	Yoga -Terry 6:30 - 7:30	LAF YMCA 6:30 - 8:00 Melody		LAF YMCA 6:00- 7:00 Melody			
7:00-7:30							
7:30-8:00			Aikido - Scott 7:15 - 9:00	Meditation Relaxation Deepinder 7:15 - 8:15			
8:00-8:30							
8:30-9:00							

Preschool Classes	Youth Classes	Adult Classes	Free Stretch
----------------------	------------------	------------------	-----------------