

*****2020 Lima Family YMCA Break Weeks 12/21/20-1/2/21*****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/21/2020	12/22/2020	12/23/2020	12/24/2020	12/25/2020	12/26/2020
5:05a Combat (16)	5:05a BodyPump (19)	5:05a Combat (16)	5:05a BodyPump (19)	*Facility Closed*	8:20a Combat (16)
6:00a Kettle Bell (19)	6:00a Bike (9)	6:00a Kettle Bell (19)	6:00a Bike (9)		9:30a Bike (9)
8:30a BodyPump (19)	6:00a BodyFlow (19)	8:30a BodyPump (19)	9:30a BodyFlow (19)	Merry Christmas from your Lima Y Family!	9:30a BodyPump (19)
9:40a Les Mills Core (16)	8:30a SS Cardio (19)	9:40a Les Mills Core (16)	9:30a BodyPump (19)		
9:40a Cardio & Tone (16)	9:30a BodyFlow (19)	9:40a Cardio & Tone (16)	12p Indo-Rowing (8)		
10:45a SS Classic (19)	10:30a SS Cardio (18)	10:45a SS Classic (19)			
12:10 Bike (9)	12p Indo-Rowing (8)	12:10 Bike (9)			
1pm SS Yoga (18)	1p SS Classic (18)	1pm SS Yoga (18)			
5:30p Les Mills Core(16)	5:30p BodyPump (19)	5:30p Les Mills Core(16)	*Close at 4:00 p.m.*		
5:35p Cardio & Tone (16)		5:35p Cardio & Tone (16)			
6:45p BodyPump (19)		6:45p BodyPump (19)			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/28/2020	12/29/2020	12/30/2020	12/31/2020	1/1/2021	1/2/2021
5:05a Combat (16)	5:05a BodyPump (19)	5:05a Combat (16)	5:05a BodyPump (19)	*Facility Open 9-1*	8:20a Combat (16)
6:00a Kettle Bell (19)	6:00a Bike (9)	6:00a Kettle Bell (19)	6:00a Bike (9)		9:30a Bike (9)
8:30a BodyPump (19)	8:30a SS Cardio (19)	8:30a BodyPump (19)	9:30a BodyFlow (19)	9:20a Combat (16)	9:30a BodyPump (19)
9:40a Les Mills Core (16)	9:30a BodyFlow (19)	9:40a Les Mills Core (16)	9:30a BodyPump (19)	10:30a BodyPump (19)	
9:40a Cardio & Tone (16)	10:30a SS Cardio (18)	9:40a Cardio & Tone (16)	12p Indo-Rowing (8)	10:30a Les Mills Core (16)	
10:45a SS Classic (19)	12p Indo-Rowing (8)	10:45a SS Classic (19)			
1pm SS Yoga (18)	1p SS Classic (18)	12:10 Bike (9)		MUST REGISTER	
5:30p Les Mills Core(16)	5:30p BodyPump (19)	1pm SS Yoga (18)		FOR CLASS TODAY!!	
5:35p Cardio & Tone (16)		5:30p Les Mills Core(16)	*Close at 4:00 p.m.*		
6:45p BodyPump (19)		5:35p Cardio & Tone (16)			
		6:45p BodyPump (19)			

Class sizes limited. All classes are first come first serve except Jan 1st classes. MUST register for these classes starting 12/21