

20th Avenue Oshkosh Community YMCA - Training Studio Schedule - July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:15a-6a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	2 5:15a-6:15a Group Cycling 8a-9a Pickle Ball Conditioning 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Teen Cycling	3 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump	4 YMCA Closed	5 5:15a-6a H.I.I.T. 9a-10a BodyPump	6 8a-9a BodyPump
7 8a-9a BodyPump	8 5:15a-6a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	9 5:15a-6:15a Group Cycling 8a-9a Pickle Ball Conditioning 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Teen Cycling	10 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump	11 5:15a-6:15a Group Cycling 8a-9a Pickle Ball Conditioning 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	12 5:15a-6a H.I.I.T. 9a-10a BodyPump	13 8a-9a BodyPump
14 8a-9a BodyPump	15 5:15a-6a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	16 5:15a-6:15a Group Cycling 8a-9a Pickle Ball Conditioning 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Teen Cycling	17 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump	18 5:15a-6:15a Group Cycling 8a-9a Pickle Ball Conditioning 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	19 5:15a-6a H.I.I.T. 9a-10a BodyPump	20 8a-9a BodyPump
21 8a-9a BodyPump	22 5:15a-6a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	23 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Teen Cycling	24 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump	25 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	26 5:15a-6a H.I.I.T. 9a-10a BodyPump	27 8a-9a BodyPump
28 8a-9a BodyPump	29 5:15a-6a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	30 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together 7:15p-8p Teen Cycling	31 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump			