

20th Ave Oshkosh YMCA Training Studio September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8a-9a BodyPump	2 YMCA IS CLOSED HAPPY LABOR DAY	3 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	4 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump	5 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 12p-1p Group Groove- Staff Only Class 5:30p-6:30p BodyPump	6 5:15a-6a H.I.I.T. 9a-10a BodyPump	7 8a-9a BodyPump
8 8a-9a BodyPump	9 5:15a-6a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	10 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	11 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5:30p-6:30p BodyPump	12 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	13 5:15a-6a H.I.I.T. 9a-10a BodyPump	14 8a-9a BodyPump
15 8a-9a BodyPump	16 5:15a-6a H.I.I.T. 9a-10a BodyPump 12p-1p Group Groove 5p-6p Group Blast	17 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 4:30p-5:30p Group Groove 5:45p-6:45p Defend Together	18 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5p-6p BodyPump	19 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	20 5:15a-6a H.I.I.T. 9a-10a BodyPump	21 7:15a-7:45a Core Focus Together 8a-9a BodyPump
22 8a-9a BodyPump	23 5:15a-6a H.I.I.T. 9a-10a BodyPump 12p-1p Group Groove 5p-6p Group Blast	24 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 4:30p-5:30p Group Groove 5:45p-6:45p Defend Together	25 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 5p-6p BodyPump	26 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	27 5:15a-6a H.I.I.T. 9a-10a BodyPump	28 7:15a-7:45a Core Focus Together 8a-9a BodyPump
29 8a-9a BodyPump	30 5:15a-6a H.I.I.T. 9a-10a BodyPump 12p-1p Group Groove 5p-6p Group Blast					