



Attleboro Norton YMCA
STUDIO SCHEDULES
AUGUST 2022

For the most up-to-date schedules, please use the **Y's Mobile App** or go to attleboroymca.org/schedules.

TAPPAN STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
5:30 AM		STRENGTH TRAIN TOGETHER		STRENGTH TRAIN TOGETHER			
6:00 AM		5:30-6:25 AM		5:30-6:25 AM			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	KEEPING FIT	HIIT	ACTIVE TOGETHER	CORE	CHAIR YOGA	ACTIVE TOGETHER	POUND
8:30 AM	8:00-8:55 AM	8:00-8:55 AM	8:00-8:55 AM	8:00-8:55 AM	8:00-8:55 AM	8:00-8:55 AM	8:00-8:55 AM
9:00 AM	BALANCE & FLEX	STEP	BURN	YOGA FLOW	STRENGTH TRAIN TOGETHER	ZUMBA	STRENGTH TRAIN TOGETHER
9:30 AM	9:00-9:55 AM	9:00-9:55 AM	9:00-9:55 AM	9:00-9:55 AM	9:00-9:55 AM	9:00-9:55 AM	9:00-9:55 AM
10:00 AM			WERQ	BALANCE & FLEX	ACTIVE TOGETHER	YOGA FLOW	BALANCE & FLEX
10:30 AM			10:00-10:55 AM	10:00-10:55 AM	10:010:55 AM	10:00-10:55 AM	10:00-10:55 AM
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM			MOSSA FIGHT				
4:30 PM			4:14-5:10 PM				
5:00 PM	STEP	ZUMBA	STRENGTH EXPRESS	ZUMBA	BARRE		
5:30 PM	5:00-5:55 PM	5:00-5:55 PM	5:15-6:00 PM	5:00-5:55 PM	5:00-5:55 PM		
6:00 PM	STRENGTH TRAIN TOGETHER	STRENGTH TRAIN TOGETHER	BALANCE & FLEX TOGETHER	STRENGTH TRAIN TOGETHER	WERQ		
6:30 PM	6:00-6:55 PM	6:00-6:55 PM	6:00-6:55 PM	6:00-6:55 PM	6:00-6:55 PM		
7:00 PM	WERQ	POUND	WERQ	WERQ			
7:30 PM	7:00-7:55 PM	7:00-7:55 PM	7:00-7:55 PM	7:00-7:55 PM			
8:00 PM							
8:30 PM							
9:00 PM							



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KICKBOXING STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
5:30 AM							
6:00 AM		KICKBOXING					
6:30 AM		6:00-6:55 AM					
7:00 AM				KICKBOXING			
7:30 AM				7:00-7:55 AM			
8:00 AM							WILDCARD
8:30 AM							8:00-8:55 AM
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM			BOOTCAMP				
6:30 PM			6:00-6:55 PM				
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							



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CYCLE STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM	CYCLE	CYCLE	CYCLE				
5:30 AM	5:15-6:00 AM	5:15-6:00 AM	5:15-6:00 AM				
6:00 AM				CYCLE			
6:30 AM				6:00-6:55 AM			
7:00 AM							FAMILY CYCLE
7:30 AM							7:00-7:55 AM
8:00 AM						CYCLE	
8:30 AM						8:00-8:55 AM	
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	CYCLE 30						
5:30 PM		CYCLE / HIIT	POWER CYCLE	CYCLE 30			
6:00 PM		5:30-6:25 PM	5:30-6:00 PM	5:30-6:00 PM			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							



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MIND/BODY STUDIO

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM		POWER FLOW YOGA					
7:30 AM		7:00-7:55 AM					
8:00 AM							GENTLE YOGA
8:30 AM							8:00-8:55 PM
9:00 AM			BARRE				
9:30 AM	MOSSA FIGHT		9:00-9:55 PM				
10:00 AM	9:30-10:25 AM						
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	POWER YOGA	STRENGTH & STRETCH YOGA	POWER FLOW YOGA				
6:30 PM	6:00-6:55 PM	6:00-6:55 PM	6:00-6:55 PM				
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							



CARPENTER GYM

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM					BOOTCAMP	HIIT	
8:30 AM					8:00-8:55 AM	8:00-8:55 AM	
9:00 AM	HIIT			HIIT			
9:30 AM	9:00-9:55 AM			9:00-9:55 AM			
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	15/15/15		HIIT				
12:30 PM	12:15-1:00 PM		12:15-1:00 PM				
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
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8:30 PM							
9:00 PM							