



## 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					<b>BOOTCAMP</b>	<b>DEKA HIIT</b>	
8:30 AM					8:00-8:55 AM	8:00-8:55 AM	
9:00 AM	<b>HIIT</b>			<b>HIIT</b>			
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	<b>15/15/15</b>		<b>HIIT</b>				
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							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	<b>HIIT</b>						
6:30 PM	6:00-6:55 PM						
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							



Attleboro Norton YMCA  
**STUDIO SCHEDULES**  
**DECEMBER 2022**

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**CYCLE STUDIO**

	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						<b>CYCLE</b>	
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	<b>CYCLE 30</b>		<b>POWER CYCLE</b>				
5:30 PM	5:15-5:45 PM	<b>CYCLE / HIIT</b>	5:15-6:00 PM				
6:00 PM		5:30-6:25 PM					
6:30 PM							
7:00 PM							
7:30 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		<b>KICKBOXING</b>		<b>KICKBOXING</b>			
6:30 AM		6:00-6:55 AM		6:00-6:55 AM			
7:00 AM							
7:30 AM							
8:00 AM							<b>WILDCARD WORKOUT</b>
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			<b>TEEN BOXING</b>				
3:30 PM			3:00-4:00 PM				
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM			<b>KICKBOXING</b>				
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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**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							
7:30 AM							
8:00 AM							<b>GENTLE YOGA</b>
8:30 AM							8:00-8:55 PM
9:00 AM			<b>BARRE</b>			<b>CREATIVE MOVEMENT</b>	
9:30 AM	<b>MOSSA FIGHT</b>		9:00-9:55 PM			<b>TAP/BALLET/JAZZ</b>	
10:00 AM	9:30-10:25 AM					9:45-10:30 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	<b>POWER YOGA</b>	<b>STRENGTH &amp; STRETCH YOGA</b>		<b>POWER FLOW YOGA</b>			
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							



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**TAPPAN GYM**

	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	MOSSA FIGHT	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	ACTIVE TOGETHER		WERQ	BALANCE & FLEX	ACTIVE TOGETHER	YOGA FLOW	BALANCE & FLEX
10:30 AM	10:00-10:55 AM		10:00-10:55 AM	10:00-10:55 AM	10:00-10:55 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		4:00-4:55 PM					
5:00 PM	STEP	WERQ	STRENGTH EXPRESS	ZUMBA	BARRE		
5:30 PM	5:00-5:55 PM	5:00-5:55 PM	5:15-6:00 PM	5:15-5:55 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							