



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				DELAY/DISEASE			
11:30 AM				11:00AM-12:00 PM			
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							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	HIIT						
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
MARCH 2023

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

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						CYCLE	
8:30 AM						8:00-8:55 AM	
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM	PEDAL/Parkinson's				PEDAL/Parkinson's		
11:30 AM	11:00 AM-12:00 PM				11:00 AM-12:00 PM		
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		POWER CYCLE				
5:30 PM	5:15-5:45 PM	CYCLE / HIIT	5:15-6:00 PM	CYCLE / HIIT			
6:00 PM		5:30-6:25 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		KICKBOXING		KICKBOXING			
6:30 AM		6:00-6:55 AM		6:00-6:55 AM			
7:00 AM							
7:30 AM							
8:00 AM							
8:30 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			TEEN BOXING				
3:30 PM			3:00-4:00 PM				
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM			KICKBOXING				
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							POUND
8:30 AM							8:00-8:55 AM
9:00 AM		PILATES	BARRE			CREATIVE MOVEMENT 9:00-9:30 AM	GENTLE YOGA
9:30 AM		9:00-9:55 AM	9:00-9:55 AM			TAP/BALLET/JAZZ	9:00-9:45 AM
10:00 AM				CORE FNDTNS		9:45-10:30 AM	
10:30 AM				10:15-11:15AM			
11:00 AM		TAI CHI					
11:30 AM		11:00-11:45 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		TAI CHI					
5:00 PM	BARRE	4:30-5:15 PM					
5:30 PM	5:00-5:55 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							



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RACQUETBALL COURT

	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							
8:30 AM							
9:00 AM	MOSSA FIGHT						
9:30 AM	9:00-9:55 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							
6:30 PM							
7:00 PM				MOSSA FIGHT 6:30-7:25 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	ZUMBA
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		DELAY/DISEASE	DELAY/DISEASE				
11:30 AM		11:00AM-12:00PM	11:00AM-12:00PM				
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	5:00-5:55 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							