

**Regional YMCA of Western Connecticut**  
**Boughton Street**      **SUMMER 05**

**GYM SCHEDULE**  
**6/20 - 9/03**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NAUTILUS
OPEN GYM 5:30-6:30	OPEN GYM 5:30-2:00	OPEN GYM 5:30-6:30	OPEN GYM 5:30-9:00	OPEN GYM 5:30-8:00	OPEN GYM 6:30-7:00	OPEN GYM 8:00	<b>MONDAY</b> 5:30AM-9:00PM
RWTF DEE 6:45-8:00	OPEN	RWTF DEE 6:45-8:00			AEROBICS TAMARA 7:00-8:00		<b>TUESDAY</b> 5:30AM-9:00PM
SENIOR FIT DEE 8:00-9:00		SENIOR FIT DEE 8:00-9:00		SENIOR FIT DEBBIE 8:00-9:00	PILATES LAURIE 8:00-9:00		<b>WEDNESDAY</b> 5:30AM-9:00PM
AEROBICS DEBBIE 9:15-10:15		AEROBICS DEBBIE 9:15-10:15		AEROBICS DEBBIE 9:15-10:15			<b>THURSDAY</b> 5:30AM-9:00PM
School RDYNESS 10:15 - 10:45		School RDYNESS 10:15 - 10:45	PILATES ELYDA 10:30-11:30	School RDYNESS 10:15 - 10:45	KIDSAFE 10:40-1:50		<b>FRIDAY</b> 5:30AM-9:00PM
1,2,and U abbie 10:45-11:30		PRE-BALLET LUCILLE 11:00 - 11:45	School RDYNESS 10:30 - 11:30				
ADULT BASKETBALL 12:00-2:00	SCHOOL RDYNESS 2:15 - 2:45	ADULT BASKETBALL 12:00-2:00		ADULT BASKETBALL 12:00-2:00			<b>SUNDAY</b> 8:00AM-4:00PM
School RDYNESS 2:15 - 2:45			School RDYNESS 1:00 - 2:00				
		School RDYNESS 2:15 - 2:45					
				PEEWEE BB RENZO 4:15-5:00			
	AEROBICS PHYLLIS 5:15-6:15		YOGALATES PHYLLIS 5:15-6:15	PRETEEN BB RENZO 5:00-6:00			
AEROBICS DEE 6:30-7:30	ITF TKD MARVIN B. 6:30-7:45	AEROBICS CLAUDIA 6:30-7:30	ITF TKD MARVIN B. 6:30-7:45	TEEN BB RENZO 6:00-7:00			
TKD ADINA 7:30-8:30		TKD ADINA 7:30-8:30	TKD ADINA 7:30-8:30				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	

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