



Strathroy-Caradoc Family YMCA | September 26th - October 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Drop-in Program	6:00PM-6:45PM (Adult Group Fitness (13+))			6:00PM-6:45PM (Adult Group Fitness (13+))		9:00AM-9:45AM (Adult Group Fitness (13+))	
Kettlebell Drop-in Program	7:00PM-7:45PM (Adult Group Fitness (13+))					10:00AM-10:45AM (Adult Group Fitness (13+))	
Pilates Drop-in Program		10:00AM-10:45AM (Adult Group Fitness (13+))					
Core Strength and Stretch Drop-in Program		6:00PM-6:45PM (Adult Group Fitness (13+))			10:00AM-10:45AM (Adult Group Fitness (13+))		
Interval Training Drop-in Program			10:00AM-10:45AM (Adult Group Fitness (13+))				
Dance Fit Drop-in Program			6:00PM-6:45PM (Adult Group Fitness (13+))	1:00PM-1:45PM (Adult Group Fitness (13+))			
Total Body Conditioning Drop-in Program			7:00PM-7:45PM (Adult Group Fitness (13+))				
Circuit Training Drop-in Program				10:00AM-10:45AM (Adult Group Fitness (13+))			
Yoga Drop-in Program				7:00PM-7:45PM (Adult Group Fitness (13+))	5:00PM-5:45PM (Adult Group Fitness (13+))		