



Central Huron YMCA | January 27th - February 2nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga Drop-in Program	6:30PM-7:15PM (Low Impact)						
Cycle Drop-in Program		7:15AM-8:00AM (Cardio)	6:30PM-7:15PM (Cardio)				
Group Power Drop-in Program		6:30PM-7:30PM (Strength and Endurance)					
TRX Drop-in Program						8:30AM-9:30AM (Strength and Endurance)	