

NICOLE'S 2010 (FALL) YMCA SCHEDULE

MONDAY		10:10-10:55AM
TUESDAY		6:30-7:30PM
WEDNESDAY	PILATES MAT	9:00-9:45AM, 9:45-10:30AM
	SENIOR CHAIR DANCE	10:30-11:30AM
	HIP-HOP	8:00-9:00PM
THURSDAY	PILATES MAT*	9:00-9:45AM
	SENIOR ZUMBA*	9:45-10:30AM
		5:30-6:30PM
FRIDAY	SENIOR CHAIR DANCE	9:30-10:30AM
		12:30-1:15PM
SATURDAY	NO CLASSES	N/A
SUNDAY	OPEN-LEVEL BALLET	1:00-2:00PM
	POINTE BARRE	2:00-2:30PM
	HIP-HOP	2:30-3:30PM

*ALL CLASSES IN STUDIO A, EXCEPT THURS AM CLASSES WHICH ARE IN STUDIO B