

# 20th Ave Oshkosh YMCA Training Studio May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	<b>2</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	<b>3</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump	<b>4</b> 8a-9a BodyPump
<b>5</b> 8a-9a BodyPump	<b>6</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	<b>7</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	<b>8</b> 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	<b>9</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	<b>10</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump	<b>11</b> 8a-9a BodyPump
<b>12</b> 8a-9a BodyPump	<b>13</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	<b>14</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	<b>15</b> 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	<b>16</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	<b>17</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump	<b>18</b> 8a-9a BodyPump
<b>19</b> 8a-9a BodyPump	<b>20</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump 5:30p-6:15p H.I.I.T.	<b>21</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	<b>22</b> 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	<b>23</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	<b>24</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump	<b>25</b> 8a-9a BodyPump
<b>26</b> 8a-9a BodyPump	<b>27</b>  YMCA CLOSED HAPPY MEMORIAL DAY	<b>28</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:45p-6:45p Defend Together	<b>29</b> 5:15a-6:15a Group Cycling 9a-10a BodyPump 10:30a-11:15a ForeverWell Cycling 4:15p-5p Family Fitness 5:30p-6:30p BodyPump	<b>30</b> 5:15a-6:15a Group Cycling 9:30a-10:45a Rock Steady Boxing 5:30p-6:30p BodyPump	<b>31</b> 5:15a-6:15a H.I.I.T. 9a-10a BodyPump	