



Studio 2 @ Fond du Lac Family YMCA

September 1st - November 30th

90 W 2nd St
FOND DU LAC, WI 54935
(920) 921-3330

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Les Mills RPM - Virtual Virtual Class 5:05am - 5:50am	Group Cycling Emily Hayes 5:05am - 5:35am	Les Mills RPM - Virtual Virtual Class 5:05am - 5:35am	Group Cycling Emily Hayes 5:05am - 5:35am	Les Mills RPM - Virtual Virtual Class 5:05am - 5:35am		
		ON DEMAND Virtual Class 5:45am - 8:15am	Les Mills SPRINT - Virtual Virtual Class 5:45am - 6:15am				
6am	Les Mills SPRINT - Virtual Virtual Class 6:15am - 6:45am		ON DEMAND Virtual Class 6:30am - 7:45am	ON DEMAND Virtual Class 6am - 6:45am	Les Mills SPRINT - Virtual Virtual Class 6am - 6:30am	THE TRIP - Virtual Virtual Class 6am - 6:45am	
					ON DEMAND Virtual Class 6:45am - 8:45am		
7am	ON DEMAND Virtual Class 7am - 8:45am			THE TRIP - Virtual Virtual Class 7am - 7:45am		Les Mills RPM - Virtual Virtual Class 7am - 7:30am	Les Mills SPRINT - Virtual Virtual Class 7:05am - 7:35am
							ON DEMAND Virtual Class 7:45am - 8:45am
8am		THE TRIP - Virtual Virtual Class 8:30am - 9:15am	Les Mills SPRINT - Virtual Virtual Class 8am - 8:30am	Les Mills SPRINT - Virtual Virtual Class 8:15am - 8:45am		Les Mills SPRINT - Virtual Virtual Class 8am - 8:30am	
						Les Mills RPM - Virtual Virtual Class 8:45am - 9:15am	
9am	Les Mills RPM Gina Wilson 9am - 9:45am	Les Mills RPM - Virtual Virtual Class 9:30am - 10:20am	Les Mills RPM Becky Wightman / Jerry Berger 9am - 9:45am	Les Mills RPM - Virtual Virtual Class 9:15am - 10:05am	THE TRIP - Virtual Virtual Class 9am - 9:45am	Les Mills SPRINT - Virtual Virtual Class 9:30am - 10am	Les Mills RPM - Virtual Virtual Class 9am - 9:30am
10am	THE TRIP - Virtual Virtual Class 10:15am - 11am	ON DEMAND Virtual Class 10:30am - 11:45am	THE TRIP - Virtual Virtual Class 10:15am - 11am	Les Mills SPRINT - Virtual Virtual Class 10:15am - 10:45am	Les Mills RPM - Virtual Virtual Class 10am - 10:50am	THE TRIP - Virtual Virtual Class 10:15am - 11am	THE TRIP - Virtual Virtual Class 10am - 10:45am
11am					Les Mills SPRINT - Virtual Virtual Class 11am - 11:30am	Les Mills RPM - Virtual Virtual Class 11:15am - 12pm	ON DEMAND Virtual Class 11am - 1:45pm
12pm	Les Mills SPRINT - Virtual Virtual Class 12pm - 12:30pm	THE TRIP - Virtual Virtual Class 12pm - 12:45pm	Les Mills SPRINT - Virtual Virtual Class 12pm - 12:30pm	Group Cycling Gina Wilson 12pm - 12:30pm	Les Mills RPM/Group Cycling Gina Wilson 12pm - 12:30pm	ON DEMAND Virtual Class 12:15pm - 3:45pm	
			Les Mills RPM - Virtual Virtual Class 12:45pm - 1:15pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
1pm	THE TRIP - Virtual Virtual Class 1pm - 1:45pm	Les Mills SPRINT - Virtual Virtual Class 1pm - 1:30pm	THE TRIP - Virtual Virtual Class 1:30pm - 2:15pm	Les Mills RPM - Virtual Virtual Class 1pm - 1:50pm	THE TRIP - Virtual Virtual Class 1pm - 1:45pm		
		THE TRIP - Virtual Virtual Class 1:45pm - 2:30pm					
2pm	Les Mills RPM - Virtual Virtual Class 2pm - 2:50pm	ON DEMAND Virtual Class 2:45pm - 4:30pm	ON DEMAND Virtual Class 2:30pm - 4pm	ON DEMAND Virtual Class 2pm - 3:45pm	ON DEMAND Virtual Class 2pm - 4:15pm		
3pm	ON DEMAND Virtual Class 3pm - 5pm						
4pm		Les Mills SPRINT - Virtual Virtual Class 4:45pm - 5:15pm	Les Mills RPM / THE TRIP Kendra Seidel 4:30pm - 5:15pm	Group Cycling Lisa Rolfe 4pm - 4:30pm	THE TRIP - Virtual Virtual Class 4:30pm - 5:15pm		
5pm	Les Mills SPRINT Jerry Berger 5:25pm - 5:55pm	Les Mills RPM - Virtual Virtual Class 5:30pm - 6:15pm	Les Mills SPRINT - Virtual Virtual Class 5:30pm - 6pm	Les Mills SPRINT Beckie Marcoe 5:30pm - 6pm	Les Mills SPRINT - Virtual Virtual Class 5:30pm - 6pm		
6pm	ON DEMAND Virtual Class 6:15pm - 8:45pm	RESERVED for Y programming Kendra Seidel 6:30pm - 7:45pm	THE TRIP - Virtual Virtual Class 6:15pm - 7pm	Les Mills RPM - Virtual Virtual Class 6:15pm - 6:45pm	Les Mills RPM - Virtual Virtual Class 6:15pm - 7:05pm		
7pm			ON DEMAND Virtual Class 7:15pm - 8:45pm	ON DEMAND Virtual Class 7pm - 8:45pm	ON DEMAND Virtual Class 7:15pm - 8:45pm		
8pm		ON DEMAND Virtual Class 8pm - 8:45pm					

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