



Fond du Lac Family YMCA
November 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 Studio 2 Virtual Class 5:05am - 5:50am	Group Cycling Studio 2 Emily Hayes 5:05am - 5:35am	Les Mills BODYPUMP Studio 1 Taj Puetz 5:05am - 5:50am	Les Mills GRIT STRENGTH Studio 1 Kendra Puetz 5:05am - 5:35am	Les Mills SHAPES Studio 4 Kendra Puetz 5:05am - 5:35am		
	Bootcamp - Drop In (\$6/class or Monthly Unlimited) Studio 3 Ali Harasha/ Melissa Schmidt 5:05am - 5:50am	Les Mills FUNCTIONAL STRENGTH Studio 1 Kendra Puetz 5:05am - 5:50am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 5:05am - 5:50am	Group Cycling Studio 2 Emily Hayes 5:05am - 5:35am	Les Mills STRENGTH DEVELOPMENT Studio 1 Jen Neibauer 5:05am - 5:50am		
	Les Mills BODYPUMP Studio 1 Taj Puetz 5:05am - 6:05am	Les Mills BODYCOMBAT Studio 4 Jen Neibauer 5:05am - 6:05am	HIIT Training - (\$6/class or Monthly Unlimited) Studio 3 Ali Harasha 5:05am - 5:50am	Les Mills BODYCOMBAT Studio 4 Jen Neibauer 5:05am - 6:05am	Kettlebell Bootcamp(\$6/class or Monthly Unlimited) Studio 3 Melissa Schmidt 5:05am - 5:50am		
	Les Mills GRIT CARDIO - Virtual Studio 4 Virtual Class 5:15am - 5:45am	ON DEMAND Studio 2 Virtual Class 5:45am - 8:15am	Les Mills RPM - Virtual Studio 2 Virtual Class 5:05am - 5:35am	Les Mills CORE Studio 1 Kendra Puetz 5:40am - 6:10am	Les Mills RPM - Virtual Studio 2 Virtual Class 5:05am - 5:35am		
		Les Mills CORE - Virtual Studio 1 Virtual Class 5:55am - 6:25am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 5:45am - 6:15am		Les Mills BODYBALANCE (Flexibility) Studio 4 Kendra Puetz 5:40am - 6:10am		
6am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 6am - 6:30am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 6:15am - 6:45am	Les Mills BODYCOMBAT - Virtual Studio 4 Virtual Class 6am - 7am	ON DEMAND Studio 2 Virtual Class 6am - 6:45am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 6am - 6:30am	ON DEMAND Studio 4 Virtual Class 6am - 7:30am	
	Women & Weights Studio 1 Doug O'Loughlin 6:15am - 7:15am	Les Mills BARRE - Virtual Studio 1 Virtual Class 6:30am - 7am	ON DEMAND Studio 2 Virtual Class 6:30am - 7:45am	Deep Stretching Studio 4 Maria Kretschmann 6:15am - 7am	Les Mills SH'BAM - Virtual Studio 4 Virtual Class 6:30am - 7am	THE TRIP - Virtual Studio 2 Virtual Class 6am - 6:45am	
	Les Mills SPRINT - Virtual Studio 2 Virtual Class 6:15am - 6:45am		Women & Weights Studio 1 Maria Kretschmann 6:30am - 7:15am	Les Mills BARRE - Virtual Studio 1 Virtual Class 6:30am - 7am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 6:30am - 7:30am	Les Mills GRIT ATHLETIC - Virtual Studio 1 Virtual Class 6am - 6:30am	
	ON DEMAND Studio 4 Virtual Class 6:30am - 7:45am				ON DEMAND Studio 2 Virtual Class 6:45am - 8:45am	Les Mills BODYPUMP Studio 1 Taj Puetz 6:45am - 7:30am	

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7am	ON DEMAND Studio 2 Virtual Class 7am - 8:45am	Chair Yoga Studio 4 Kelli Dercks 7am - 7:45am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 7:15am - 7:45am	THE TRIP - Virtual Studio 2 Virtual Class 7am - 7:45am	Les Mills BODYATTACK - Virtual Studio 4 Virtual Class 7:15am - 7:45am	Les Mills RPM - Virtual Studio 2 Virtual Class 7am - 7:30am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 7:05am - 7:50am
	Les Mills GRIT CARDIO Studio 1 Barb Seidel 7:30am - 8am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 7:15am - 8am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 7:30am - 8am	Les Mills BARRE - Virtual Studio 4 Virtual Class 7:15am - 7:45am		Total Body Bootcamp-\$6/class or Monthly Unlimited Studio 3 Rotating Instructors 7am - 7:45am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 7:05am - 7:35am
				Zumba Studio 1 Karla Wolff 7:30am - 8:15am		Les Mills GRIT MIX Studio 4 Melanie Ottery/ Taj Puetz 7:50am - 8:20am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 7:15am - 8am
							ON DEMAND Studio 2 Virtual Class 7:45am - 8:45am
8am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 8am - 8:45am	Barre Above Studio 4 Karla Wolff 8am - 8:45am	Les Mills BODYBALANCE Studio 4 Jacob Berger 8am - 8:30am	Les Mills FUNCTIONAL STRENGTH Studio 4 Barb Seidel 8am - 8:45am	Les Mills GRIT MIX Studio 4 Barb Seidel 8am - 8:30am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 8am - 8:30am	Les Mills STRENGTH DEVELOPMENT Studio 1 Carrie Maser 8am - 8:45am
	Les Mills SHAPES Studio 1 Jill Stone 8:15am - 9am	Les Mills BODYPUMP Studio 1 Jill Stone 8:30am - 9:15am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 8am - 8:30am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 8:15am - 8:45am	Les Mills BODYPUMP Studio 1 Becky Wightman / Jerry Berger 8:30am - 9:30am	Les Mills BODYATTACK Studio 1 Barb Seidel / Kendra Seidel 8am - 9am	Les Mills CORE - Virtual Studio 4 Virtual Class 8:15am - 8:45am
		THE TRIP - Virtual Studio 2 Virtual Class 8:30am - 9:15am	Les Mills CORE Studio 1 Jill Stone 8:15am - 8:45am	Les Mills BODYPUMP Studio 1 Becky Wightman 8:30am - 9:30am	Les Mills SHAPES Studio 4 Barb Seidel/ Alison Gunderson 8:40am - 9:10am	Les Mills RPM - Virtual Studio 2 Virtual Class 8:45am - 9:15am	
			Les Mills BODYSTEP Studio 1 Jill Stone 8:50am - 9:35am				
9am	Les Mills RPM Studio 2 Gina Wilson 9am - 9:45am	Yoga Studio 4 Lenore Gerhartz 9am - 10am	Yoga Studio 4 Renee Waters 9am - 10am	Yoga Studio 4 Lenore Gerhartz 9am - 10am	THE TRIP - Virtual Studio 2 Virtual Class 9am - 9:45am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 9am - 9:45am	Les Mills RPM - Virtual Studio 2 Virtual Class 9am - 9:30am

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	Yoga Studio 4 Lenore Gerhartz 9am - 10am	Les Mills BODYBALANCE Studio 1 Jill Stone 9:20am - 9:50am	Les Mills RPM Studio 2 Becky Wightman / Jerry Berger 9am - 9:45am	Les Mills RPM - Virtual Studio 2 Virtual Class 9:15am - 10:05am	Les Mills BODYBALANCE Studio 4 Barb Seidel/ Alison Gunderson 9:20am - 10:05am	Les Mills BODYPUMP Studio 1 Barb Seidel / Kendra Seidel 9:10am - 10:10am	Les Mills BARRE - Virtual Studio 4 Virtual Class 9am - 9:30am
	Les Mills BODYATTACK Studio 1 Jill Stone 9:05am - 9:45am	Les Mills RPM - Virtual Studio 2 Virtual Class 9:30am - 10:20am		Les Mills BODYBALANCE Studio 1 Becky Wightman 9:35am - 10:05am	Les Mills BODYCOMBAT Studio 1 Becky Wightman / Jerry Berger 9:35am - 10:35am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 9:30am - 10am	Les Mills BODYPUMP Studio 1 Becky Wightman / Jerry Berger 9am - 9:45am
							Les Mills BODYBALANCE Studio 4 Tracy Nyman 9:45am - 10:45am
							Les Mills BODYCOMBAT Studio 1 Becky Wightman / Jerry Berger 9:55am - 10:40am
10am	Les Mills BODYBALANCE - Virtual Studio 1 Virtual Class 10am - 11am	Zumba Studio 1 Julie Garrison 10am - 11am	Zumba Gold Studio 1 Karla Wolff 10am - 10:45am	Les Mills BODYSTEP Studio 1 Virginia Diener 10:15am - 11:15am	Les Mills RPM - Virtual Studio 2 Virtual Class 10am - 10:50am	Les Mills DANCE - Virtual Studio 4 Virtual Class 10am - 10:30am	THE TRIP - Virtual Studio 2 Virtual Class 10am - 10:45am
	THE TRIP - Virtual Studio 2 Virtual Class 10:15am - 11am	ON DEMAND Studio 2 Virtual Class 10:30am - 11:45am	THE TRIP - Virtual Studio 2 Virtual Class 10:15am - 11am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 10:15am - 10:45am	Barre Above Studio 4 Karla Wolff 10:20am - 11:05am	THE TRIP - Virtual Studio 2 Virtual Class 10:15am - 11am	
	Tai Chi Concepts Studio 4 Larry Lewis 10:30am - 11:30am	Parkinson's Exercise Class Studio 4 Joel Mason 10:30am - 11:45am	Feldenkrais/Bones For Life Studio 4 Mary McCutcheon 10:45am - 11:30am	Parkinson's Exercise Class Studio 4 Joel Mason 10:30am - 11:45am	Les Mills BODYBALANCE - Virtual Studio 1 Virtual Class 10:45am - 11:15am	Les Mills CORE Studio 1 Barb Seidel / Kendra Seidel 10:15am - 10:45am	
11am	Les Mills SH'BAM - Virtual Studio 1 Virtual Class 11:15am - 11:45am	Les Mills SHAPES Studio 1 Virginia Diener 11:05am - 11:50am	Les Mills GRIT STRENGTH - Virtual Studio 1 Virtual Class 11am - 11:30am		Les Mills SPRINT - Virtual Studio 2 Virtual Class 11am - 11:30am	Les Mills RPM - Virtual Studio 2 Virtual Class 11:15am - 12pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 11am - 11:45am
			ON DEMAND Studio 4 Virtual Class 11:45am - 1:15pm		Les Mills CORE - Virtual Studio 4 Virtual Class 11:15am - 11:45am	Les Mills BODYCOMBAT - Virtual Studio 1 Virtual Class 11:15am - 12:15pm	ON DEMAND Studio 2 Virtual Class 11am - 1:45pm

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						Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 11:30am - 12:30pm	ON DEMAND Studio 4 Virtual Class 11am - 1:45pm
12pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 12pm - 12:30pm	THE TRIP - Virtual Studio 2 Virtual Class 12pm - 12:45pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 12pm - 12:30pm	Group Cycling Studio 2 Gina Wilson 12pm - 12:30pm	Les Mills BODYSTEP Studio 1 Virginia Diener 12pm - 12:30pm	ON DEMAND Studio 2 Virtual Class 12:15pm - 3:45pm	
	Les Mills BODYCOMBAT Studio 1 Becky Wightman 12pm - 12:30pm	Les Mills BODYPUMP Studio 1 Becky Wightman 12pm - 1pm	Les Mills BODYCOMBAT Studio 1 Becky Wightman 12pm - 12:30pm	Les Mills FUNCTIONAL STRENGTH Studio 4 Kayla Mueller 12pm - 12:45pm	Les Mills RPM/Group Cycling Studio 2 Gina Wilson 12pm - 12:30pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 12:30pm - 1:30pm	
	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 12pm - 1pm	Les Mills BODYCOMBAT - Virtual Studio 4 Virtual Class 12pm - 1pm	Les Mills CORE Studio 1 Becky Wightman 12:35pm - 1:05pm	Les Mills SHAPES Studio 1 Becky Wightman 12pm - 12:30pm	ON DEMAND Studio 4 Virtual Class 12pm - 1:15pm	ON DEMAND Studio 4 Virtual Class 12:45pm - 3:45pm	
	Les Mills CORE Studio 1 Becky Wightman 12:35pm - 1:05pm		Les Mills RPM - Virtual Studio 2 Virtual Class 12:45pm - 1:15pm	Les Mills BODYCOMBAT Studio 1 Becky Wightman 12:35pm - 1:05pm	Les Mills SHAPES Studio 1 Virginia Diener 12:35pm - 1:20pm		
1pm	THE TRIP - Virtual Studio 2 Virtual Class 1pm - 1:45pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 1pm - 1:30pm	Strength & Stability Studio 4 Jacob Berger 1:30pm - 2:15pm	Les Mills RPM - Virtual Studio 2 Virtual Class 1pm - 1:50pm	THE TRIP - Virtual Studio 2 Virtual Class 1pm - 1:45pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:45pm - 2:45pm	
	Strength & Stability Studio 4 Jacob Berger 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	THE TRIP - Virtual Studio 2 Virtual Class 1:30pm - 2:15pm	ON DEMAND Studio 4 Virtual Class 1:15pm - 4:15pm	Tai Chi Concepts Studio 4 Larry Lewis 1:30pm - 2:30pm		
	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	Forever Fit Flex & Flow Studio 4 Jacob Berger 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm		
		THE TRIP - Virtual Studio 2 Virtual Class 1:45pm - 2:30pm					
2pm	Les Mills RPM - Virtual Studio 2 Virtual Class 2pm - 2:50pm	ON DEMAND Studio 4 Virtual Class 2:30pm - 4:15pm	ON DEMAND Studio 4 Virtual Class 2:30pm - 4:15pm	ON DEMAND Studio 2 Virtual Class 2pm - 3:45pm	ON DEMAND Studio 2 Virtual Class 2pm - 4:15pm		

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	ON DEMAND Studio 4 Virtual Class 2:30pm - 4:15pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm	ON DEMAND Studio 2 Virtual Class 2:30pm - 4pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm		
	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm	ON DEMAND Studio 2 Virtual Class 2:45pm - 4:30pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm				
3pm	ON DEMAND Studio 2 Virtual Class 3pm - 5pm			Les Mills CORE Studio 1 Virtual Class 3:15pm - 4pm	Les Mills BARRE - Virtual Studio 4 Virtual Class 3pm - 3:30pm		
					Les Mills CORE - Virtual Studio 1 Virtual Class 3:45pm - 4:15pm		
4pm	Les Mills BODYSTEP Studio 1 Barb Seidel / Kendra Seidel 4:30pm - 5:15pm	Les Mills BODYPUMP Studio 1 Becky Wightman / Jerry Berger 4:15pm - 5:15pm	Les Mills SHAPES Studio 1 Becky Wightman 4:15pm - 4:45pm	Group Cycling Studio 2 Lisa Rolfe 4pm - 4:30pm	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 4:15pm - 5pm		
	Les Mills SHAPES Studio 4 Becky Wightman 4:30pm - 5:15pm	Les Mills BODYBALANCE Studio 4 Tracy Nyman 4:30pm - 5:30pm	Les Mills RPM / THE TRIP Studio 2 Kendra Puetz 4:30pm - 5:15pm	Les Mills BODYPUMP Studio 1 Jerry Berger 4:15pm - 5:15pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 4:30pm - 5:15pm		
		Les Mills SPRINT - Virtual Studio 2 Virtual Class 4:45pm - 5:15pm	Les Mills CORE - Virtual Studio 4 Virtual Class 4:30pm - 5pm	Les Mills BODYBALANCE Studio 4 Beckie Marcoe 4:30pm - 5:15pm	THE TRIP - Virtual Studio 2 Virtual Class 4:30pm - 5:15pm		
			Les Mills BODYCOMBAT Studio 1 Becky Wightman 4:50pm - 5:20pm				
5pm	Les Mills BODYCOMBAT Studio 4 Becky Wightman 5:25pm - 6:10pm	Les Mills CORE Studio 1 Becky Wightman / Jerry Berger 5:20pm - 5:50pm	ESSEINTRICS® Stretch & Tone Studio 4 Kelley Kennon 5:15pm - 6:15pm	Les Mills SPRINT Studio 2 Beckie Marcoe 5:30pm - 6pm	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 5:30pm - 6:30pm		

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	Les Mills SPRINT Studio 2 Jerry Berger 5:25pm - 5:55pm	Les Mills RPM - Virtual Studio 2 Virtual Class 5:30pm - 6:15pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 5:30pm - 6pm	Les Mills BODYATTACK Studio 1 Barb Seidel / Kendra Seidel 5:30pm - 6:15pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 5:30pm - 6pm		
	Les Mills BODYPUMP Studio 1 Barb Seidel / Kendra Seidel 5:30pm - 6:30pm	Les Mills GRIT STRENGTH Studio 4 Barb Seidel 5:45pm - 6:15pm	Les Mills BODYPUMP Studio 1 Barb Seidel / Kendra Seidel 5:30pm - 6:30pm	Les Mills BODYBALANCE Studio 4 Jacob Berger 5:45pm - 6:30pm	Les Mills BODYPUMP Studio 1 Taj Puetz 5:30pm - 6:30pm		
		Les Mills BODYCOMBAT Studio 1 Lydia Kettner 5:55pm - 6:40pm					
6pm	ON DEMAND Studio 2 Virtual Class 6:15pm - 8:45pm	RESERVED for Y programming Studio 2 Kendra Puetz 6:30pm - 7:45pm	THE TRIP - Virtual Studio 2 Virtual Class 6:15pm - 7pm	Les Mills RPM - Virtual Studio 2 Virtual Class 6:15pm - 6:45pm	Les Mills RPM - Virtual Studio 2 Virtual Class 6:15pm - 7:05pm		
	Yoga Studio 4 Renee Waters/ Michelle Neubauer 6:30pm - 7:30pm	Les Mills DANCE Studio 4 Barb Seidel 6:30pm - 7:15pm	Les Mills BODYBALANCE (Flexibility) Studio 1 Virtual Class 6:45pm - 7:15pm	Les Mills CORE Studio 1 Barb Seidel / Kendra Seidel 6:20pm - 6:50pm	ON DEMAND Studio 4 Virtual Class 6:45pm - 8:45pm		
	Les Mills BODYBALANCE (Flexibility) Studio 1 Kendra Puetz 6:35pm - 7:05pm	Les Mills STRENGTH DEVELOPMENT Studio 1 Ashley O'Connor 6:50pm - 7:35pm	Restorative Yoga Studio 4 Ronald Pershing 6:45pm - 7:45pm				
7pm	Les Mills GRIT CARDIO - Virtual Studio 1 Virtual Class 7:30pm - 8pm	Aerial Yoga-Strength & Tricks (Pay in Advance) Studio 4 Jessica Koepke 7:30pm - 8:30pm	ON DEMAND Studio 2 Virtual Class 7:15pm - 8:45pm	Restorative Yoga Studio 4 Ronald Pershing 7pm - 8pm	Les Mills BODYCOMBAT Studio 1 Virtual Class 7pm - 8pm		
	ON DEMAND Studio 4 Virtual Class 7:45pm - 8:45pm		Les Mills GRIT ATHLETIC - Virtual Studio 1 Virtual Class 7:30pm - 8pm	ON DEMAND Studio 2 Virtual Class 7pm - 8:45pm	ON DEMAND Studio 2 Virtual Class 7:15pm - 8:45pm		
				Les Mills BODYCOMBAT - Virtual Studio 1 Virtual Class 7:45pm - 8:45pm			
8pm	Les Mills CORE - Virtual Studio 1 Virtual Class 8:15pm - 8:45pm	ON DEMAND Studio 2 Virtual Class 8pm - 8:45pm	ON DEMAND Studio 4 Virtual Class 8pm - 8:45pm	ON DEMAND Studio 4 Virtual Class 8:15pm - 8:45pm	Les Mills CORE Studio 1 Virtual Class 8:15pm - 8:45pm		

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	Les Mills BARRE - Virtual Studio 1 Virtual Class 8:15pm - 8:45pm	Les Mills CORE Studio 1 Virtual Class 8:15pm - 8:45pm				

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