



Studio 1 @ Fond du Lac Family YMCA  
January 2nd - February 28th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Les Mills BODYPUMP</b> Taj Puetz 5:05am - 6:05am	<b>Les Mills FUNCTIONAL STRENGTH</b> Kendra Puetz 5:05am - 5:50am	<b>Les Mills BODYPUMP</b> Taj Puetz 5:05am - 5:50am	<b>Les Mills GRIT STRENGTH</b> Kendra Puetz 5:05am - 5:35am	<b>Les Mills BODYPUMP</b> Taj Puetz 5:05am - 5:50am		
		<b>Les Mills CORE - Virtual</b> Virtual Class 5:55am - 6:25am		<b>Les Mills CORE</b> Kendra Puetz 5:40am - 6:10am			
<b>6am</b>	<b>Women &amp; Weights</b> Doug O'Loughlin 6:15am - 7:15am	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 6:30am - 7am	<b>Women &amp; Weights</b> Maria Kretschmann 6:30am - 7:15am	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 6:30am - 7am	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 6:30am - 7:30am	<b>Les Mills GRIT ATHLETIC - Virtual</b> Virtual Class 6am - 6:30am	
						<b>Les Mills BODYPUMP</b> Taj Puetz 6:45am - 7:30am	
<b>7am</b>	<b>Les Mills GRIT CARDIO</b> Barb Seidel 7:30am - 8am	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 7:15am - 8am	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 7:30am - 8am	<b>Zumba</b> Karla Wolff 7:30am - 8:15am			<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 7:05am - 7:50am
<b>8am</b>	<b>Les Mills CORE</b> Jill Stone 8:15am - 8:45am	<b>Les Mills BODYPUMP</b> Jill Stone 8:30am - 9:15am	<b>Les Mills CORE</b> Jill Stone 8:15am - 8:45am	<b>Les Mills BODYPUMP</b> Becky Wightman 8:30am - 9:30am	<b>Les Mills BODYPUMP</b> Becky Wightman / Jerry Berger 8:30am - 9:30am	<b>Les Mills BODYATTACK</b> Barb Seidel / Kendra Puetz 8am - 9am	<b>Les Mills STRENGTH DEVELOPMENT</b> Carrie Maser 8am - 8:45am
	<b>Les Mills BODYSTEP</b> Jill Stone 8:50am - 9:35am		<b>Les Mills BODYSTEP</b> Jill Stone 8:50am - 9:35am				
<b>9am</b>		<b>Les Mills BODYBALANCE</b> Jill Stone 9:20am - 9:50am		<b>Les Mills BODYBALANCE</b> Becky Wightman 9:35am - 10:05am	<b>Les Mills BODYCOMBAT</b> Becky Wightman / Jerry Berger 9:35am - 10:35am	<b>Les Mills BODYPUMP</b> Barb Seidel / Kendra Puetz 9:10am - 10:10am	<b>Les Mills BODYPUMP</b> Becky Wightman / Jerry Berger 9am - 9:45am
							<b>Les Mills BODYCOMBAT</b> Becky Wightman / Jerry Berger 9:55am - 10:55am
<b>10am</b>	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 10am - 11am	<b>Zumba</b> Julie Garrison 10am - 11am	<b>Zumba Gold</b> Karla Wolff 10am - 10:45am	<b>Les Mills BODYSTEP</b> Virginia Diener 10:15am - 11:15am	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 10:45am - 11:15am	<b>Les Mills CORE</b> Barb Seidel / Kendra Puetz 10:15am - 10:45am	
<b>11am</b>	<b>Les Mills DANCE - Virtual</b> Virtual Class 11:15am - 11:45am	<b>Les Mills SHAPES/PILATES</b> Virginia Diener 11:05am - 11:50am	<b>Les Mills GRIT STRENGTH - Virtual</b> Virtual Class 11am - 11:30am			<b>Les Mills BODYCOMBAT - Virtual</b> Virtual Class 11:15am - 12:15pm	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 11am - 11:45am
<b>12pm</b>	<b>Les Mills BODYCOMBAT</b> Becky Wightman 12pm - 12:30pm	<b>Les Mills BODYPUMP</b> Becky Wightman 12pm - 1pm	<b>Les Mills BODYCOMBAT</b> Becky Wightman 12pm - 12:30pm	<b>Les Mills BODYCOMBAT</b> Becky Wightman 12pm - 12:30pm	<b>Les Mills BODYSTEP</b> Virginia Diener 12pm - 1pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 12:30pm - 1:30pm	

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
	<b>Les Mills CORE</b> Becky Wightman 12:35pm - 1:05pm		<b>Les Mills PILATES</b> Becky Wightman 12:35pm - 1:05pm	<b>Les Mills SHAPES</b> Becky Wightman 12:35pm - 1:05pm			
<b>1pm</b>	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Virtual Class 1:30pm - 2:15pm		
<b>2pm</b>	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 2:30pm - 3:30pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 2:30pm - 3:30pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 2:30pm - 3:30pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 2:30pm - 3pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 2:30pm - 3:30pm		
<b>3pm</b>				<b>Les Mills CORE</b> Virtual Class 3:15pm - 4pm	<b>Les Mills CORE - Virtual</b> Virtual Class 3:45pm - 4:15pm		
<b>4pm</b>	<b>Les Mills BODYSTEP</b> Barb Seidel / Kendra Puetz 4:30pm - 5:15pm	<b>Les Mills BODYPUMP</b> Becky Wightman / Jerry Berger 4:15pm - 5:15pm	<b>Les Mills SHAPES</b> Becky Wightman 4:15pm - 4:45pm	<b>Les Mills BODYPUMP</b> Jerry Berger 4:15pm - 5:15pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 4:30pm - 5:15pm		
			<b>Les Mills BODYCOMBAT</b> Becky Wightman 4:50pm - 5:20pm				
<b>5pm</b>	<b>Les Mills BODYPUMP</b> Barb Seidel / Kendra Puetz 5:30pm - 6:30pm	<b>Les Mills CORE</b> Becky Wightman / Jerry Berger 5:20pm - 5:50pm	<b>Les Mills BODYPUMP</b> Barb Seidel / Kendra Puetz 5:30pm - 6:30pm	<b>Les Mills BODYATTACK</b> Barb Seidel / Kendra Puetz 5:30pm - 6:15pm	<b>Les Mills BODYPUMP</b> Taj Puetz 5:30pm - 6:30pm		
		<b>Les Mills BODYCOMBAT</b> Lydia Kettner 5:55pm - 6:40pm					
<b>6pm</b>	<b>Les Mills BODYBALANCE (Flexibility)</b> Kendra Puetz 6:35pm - 7:05pm	<b>Les Mills FUNCTIONAL STRENGTH</b> Ashley O'Connor 6:50pm - 7:35pm	<b>Les Mills BODYBALANCE (Flexibility)</b> Virtual Class 6:45pm - 7:15pm	<b>Les Mills CORE</b> Barb Seidel / Kendra Puetz 6:20pm - 6:50pm			
<b>7pm</b>	<b>Les Mills GRIT CARDIO - Virtual</b> Virtual Class 7:30pm - 8pm		<b>Les Mills GRIT ATHLETIC - Virtual</b> Virtual Class 7:30pm - 8pm	<b>Les Mills BODYCOMBAT - Virtual</b> Virtual Class 7:45pm - 8:45pm	<b>Les Mills BODYCOMBAT</b> Virtual Class 7pm - 8pm		
<b>8pm</b>	<b>Les Mills CORE - Virtual</b> Virtual Class 8:15pm - 8:45pm	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 8:15pm - 8:45pm	<b>Les Mills CORE</b> Virtual Class 8:15pm - 8:45pm		<b>Les Mills CORE</b> Virtual Class 8:15pm - 8:45pm		

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