YMCA - Northwest North Carolina - William G. White, Jr. Family Group Exercise Timetable

Monday	Tuesd	Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Studio 1	6:30AM - 7:00AM	VIRTUAL SPRINT 30	7:00AM - 7:30AM	VIRTUAL SPRINT 30	6:15AM - 6:45AM	VIRTUAL SPRINT 30	5:15AM - 5:45AM	VIRTUAL SPRINT 30	10:00AM - 10:30AM	SPRINT 30	1:30PM - 2:20PM	VIRTUAL RPM 50 Mins	
5:15AM - 5:45AM VIRTU SPRINT		Mins VIRTUAL RPM 50 Mins	7:45AM - 8:15AM	Mins VIRTUAL SPRINT 30	7:00AM - 7:50AM V	Mins IRTUAL RPM 50 Mins	7:45AM - 8:35AM	Mins VIRTUAL RPM 50 Mins	10:45AM - 11:35AM	Mins VIRTUAL RPM 50	2:30PM - 3:00PM	VIRTUAL SPRINT 30 Mins	
7:15AM - 7:45AM VIRTU SPRINT M		N VIRTUAL SPRINT 30 Mins	8:30AM - 9:20AM V	Mins	9:45AM - 10:15AM	VIRTUAL SPRINT 30 Mins	8:45AM - 9:15AM	VIRTUAL SPRINT 30 Mins	12:00PM - 12:30PM	Mins VIRTUAL SPRINT 30	3:15PM - 4:05PM	VIRTUAL RPM 50 Mins	
8:00AM - 8:50AM VIRTUAL R 50 M	10.10/111 11.00/11		11:00AM - 11:50AM	VIRTUAL RPM 50	10:30AM - 11:20AM	VIRTUAL RPM 50	9:30AM - 10:20AM		12:45PM - 1:35PM	Mins VIRTUAL			
9:15AM - 9:45AM VIRTU SPRINT	30 11:45AM - 12:15PM		12:15PM - 12:45PM	Mins VIRTUAL	11:30AM - 12:00PM	Mins VIRTUAL	10:30AM - 11:00AM	SPRINT 30	1:45PM - 2:15PM	RPM 50 Mins VIRTUAL			
10:00AM - 10:50AM VIRTU		SPRINT 30 Mins VIRTUAL	1:00PM - 1:30PM	SPRINT 30 Mins VIRTUAL	12:10PM - 1:00PM	SPRINT 30 Mins VIRTUAL	11:15AM - 12:05PM	Mins VIRTUAL RPM 50	2:30PM - 3:20PM N	SPRINT 30 Mins /IRTIIAI RPM			
11:15AM - 11:45AM VIRTU	ins 1:30PM - 2:00PM	RPM 50 Mins VIRTUAL	1.001 W	SPRINT 30 Mins		RPM 50 Mins VIRTUAL	12:15PM - 12:45PM	Mins	3:30PM - 4:00PM	50 Mins VIRTUAL			
	ins	SPRINT 30 Mins	1:45PM - 2:35PM V	50 Mins		SPRINT 30 Mins		SPRINT 30 Mins		SPRINT 30 Mins			
12:00PM - 12:50PM		VIRTUAL RPM 50 Mins VIRTUAL	2:45PM - 3:15PM	VIRTUAL SPRINT 30 Mins	2:00PM - 2:50PM V 3:30PM - 4:00PM	TIRTUAL RPM 50 Mins VIRTUAL	1:00PM - 1:30PM	VIRTUAL SPRINT 30 Mins					
1:00PM - 1:30PM	IAL	SPRINT 30 Mins	3:30PM - 4:00PM	VIRTUAL SPRINT 30	0.001 W 4.001 W	SPRINT 30 Mins	1:45PM - 2:35PM	VIRTUAL RPM 50 Mins					
1:45PM - 2:35PM VIRTUAL R 50 M	4:15PM - 4:45PM PM	VIRTUAL SPRINT 30 Mins	4:10PM - 5:00PM V	Mins IRTUAL RPM 50 Mins	4:15PM - 4:45PM	VIRTUAL SPRINT 30 Mins	2:45PM - 3:15PM	VIRTUAL SPRINT 30 Mins					
2:45PM - 3:15PM	30		5:15PM - 5:45PM	VIRTUAL SPRINT 30	5:00PM - 5:50PM V		3:30PM - 4:00PM	VIRTUAL SPRINT 30					
3:30PM - 4:00PM	30	VIRTUAL SPRINT 30 Mins	7:10PM - 8:00PM VIRTUAL RI	Mins IRTUAL RPM 50 Mins	7.131 W 7.431 W	VIRTUAL SPRINT 30 Mins	4:10PM - 5:00PM	Mins VIRTUAL RPM 50 Mins					
4:10PM - 5:00PM VIRTUAL R 50 M							5:15PM - 5:45PM	VIRTUAL SPRINT 30 Mins					
5:15PM - 5:45PM	30						6:00PM - 6:50PM	VIRTUAL RPM 50 Mins					
7:10PM - 8:00PM VIRTUAL R 50 M							7:00PM - 7:30PM	VIRTUAL SPRINT 30 Mins					