



Studio 1 @ 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 BODYPUMP Taj Puetz 5:05am - 6:05am	Les Mills FUNCTIONAL STRENGTH Kendra Puetz 5:05am - 5:50am	Les Mills BODYPUMP Taj Puetz 5:05am - 5:50am	Les Mills GRIT STRENGTH Kendra Puetz 5:05am - 5:35am	Les Mills STRENGTH DEVELOPMENT Jen Neibauer 5:05am - 5:50am		
		Les Mills CORE - Virtual Virtual Class 5:55am - 6:25am		Les Mills CORE Kendra Puetz 5:40am - 6:10am			
6am	Women & Weights Doug O'Loughlin 6:15am - 7:15am	Les Mills BARRE - Virtual Virtual Class 6:30am - 7am	Women & Weights Maria Kretschmann 6:30am - 7:15am	Les Mills BARRE - Virtual Virtual Class 6:30am - 7am	Les Mills BODYPUMP - Virtual Virtual Class 6:30am - 7:30am	Les Mills GRIT ATHLETIC - Virtual Virtual Class 6am - 6:30am	
						Les Mills BODYPUMP Taj Puetz 6:45am - 7:30am	
7am	Les Mills GRIT CARDIO Barb Seidel 7:30am - 8am	Les Mills BODYPUMP - Virtual Virtual Class 7:15am - 8am	Les Mills BODYPUMP - Virtual Virtual Class 7:30am - 8am	Zumba Karla Wolff 7:30am - 8:15am			Les Mills BODYPUMP - Virtual Virtual Class 7:05am - 7:50am
8am	Les Mills SHAPES Jill Stone 8:15am - 9am	Les Mills BODYPUMP Jill Stone 8:30am - 9:15am	Les Mills CORE Jill Stone 8:15am - 8:45am	Les Mills BODYPUMP Becky Wightman 8:30am - 9:30am	Les Mills BODYPUMP Becky Wightman / Jerry Berger 8:30am - 9:30am	Les Mills BODYATTACK Barb Seidel / Kendra Seidel 8am - 9am	Les Mills STRENGTH DEVELOPMENT Carrie Maser 8am - 8:45am
			Les Mills BODYSTEP Jill Stone 8:50am - 9:35am				
9am	Les Mills BODYATTACK Jill Stone 9:05am - 9:45am	Les Mills BODYBALANCE Jill Stone 9:20am - 9:50am		Les Mills BODYBALANCE Becky Wightman 9:35am - 10:05am	Les Mills BODYCOMBAT Becky Wightman / Jerry Berger 9:35am - 10:35am	Les Mills BODYPUMP Barb Seidel / Kendra Seidel 9:10am - 10:10am	Les Mills BODYPUMP Becky Wightman / Jerry Berger 9am - 9:45am
							Les Mills BODYCOMBAT Becky Wightman / Jerry Berger 9:55am - 10:40am
10am	Les Mills BODYBALANCE - Virtual Virtual Class 10am - 11am	Zumba Julie Garrison 10am - 11am	Zumba Gold Karla Wolff 10am - 10:45am	Les Mills BODYSTEP Virginia Diener 10:15am - 11:15am	Les Mills BODYBALANCE - Virtual Virtual Class 10:45am - 11:15am	Les Mills CORE Barb Seidel / Kendra Seidel 10:15am - 10:45am	
11am	Les Mills SH'BAM - Virtual Virtual Class 11:15am - 11:45am	Les Mills SHAPES Virginia Diener 11:05am - 11:50am	Les Mills GRIT STRENGTH - Virtual Virtual Class 11am - 11:30am			Les Mills BODYCOMBAT - Virtual Virtual Class 11:15am - 12:15pm	Les Mills BODYATTACK - Virtual Virtual Class 11am - 11:45am
12pm	Les Mills BODYCOMBAT Becky Wightman 12pm - 12:30pm	Les Mills BODYPUMP Becky Wightman 12pm - 1pm	Les Mills BODYCOMBAT Becky Wightman 12pm - 12:30pm	Les Mills SHAPES Becky Wightman 12pm - 12:30pm	Les Mills BODYSTEP Virginia Diener 12pm - 12:30pm	Les Mills BODYATTACK - Virtual 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
	Les Mills CORE Becky Wightman 12:35pm - 1:05pm		Les Mills CORE Becky Wightman 12:35pm - 1:05pm	Les Mills BODYCOMBAT Becky Wightman 12:35pm - 1:05pm	Les Mills SHAPES Virginia Diener 12:35pm - 1:20pm		
1pm	Les Mills BODYPUMP - Virtual Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Virtual Class 1:45pm - 2:45pm	
2pm	Les Mills BODYATTACK - Virtual Virtual Class 2:30pm - 3:30pm	Les Mills BODYATTACK - Virtual Virtual Class 2:30pm - 3:30pm	Les Mills BODYATTACK - Virtual Virtual Class 2:30pm - 3:30pm	Les Mills BODYATTACK - Virtual Virtual Class 2:30pm - 3pm	Les Mills BODYATTACK - Virtual Virtual Class 2:30pm - 3:30pm		
3pm				Les Mills CORE Virtual Class 3:15pm - 4pm	Les Mills CORE - Virtual Virtual Class 3:45pm - 4:15pm		
4pm	Les Mills BODYSTEP Barb Seidel / Kendra Seidel 4:30pm - 5:15pm	Les Mills BODYPUMP Becky Wightman / Jerry Berger 4:15pm - 5:15pm	Les Mills SHAPES Becky Wightman 4:15pm - 4:45pm	Les Mills BODYPUMP Jerry Berger 4:15pm - 5:15pm	Les Mills BODYATTACK - Virtual Virtual Class 4:30pm - 5:15pm		
			Les Mills BODYCOMBAT Becky Wightman 4:50pm - 5:20pm				
5pm	Les Mills BODYPUMP Barb Seidel / Kendra Seidel 5:30pm - 6:30pm	Les Mills CORE Becky Wightman / Jerry Berger 5:20pm - 5:50pm	Les Mills BODYPUMP Barb Seidel / Kendra Seidel 5:30pm - 6:30pm	Les Mills BODYATTACK Barb Seidel / Kendra Seidel 5:30pm - 6:15pm	Les Mills BODYPUMP Taj Puetz 5:30pm - 6:30pm		
		Les Mills BODYCOMBAT Lydia Kettner 5:55pm - 6:40pm					
6pm	Les Mills BODYBALANCE (Flexibility) Kendra Puetz 6:35pm - 7:05pm	Les Mills STRENGTH DEVELOPMENT Ashley O'Connor 6:50pm - 7:35pm	Les Mills BODYBALANCE (Flexibility) Virtual Class 6:45pm - 7:15pm	Les Mills CORE Barb Seidel / Kendra Seidel 6:20pm - 6:50pm			
7pm	Les Mills GRIT CARDIO - Virtual Virtual Class 7:30pm - 8pm		Les Mills GRIT ATHLETIC - Virtual Virtual Class 7:30pm - 8pm	Les Mills BODYCOMBAT - Virtual Virtual Class 7:45pm - 8:45pm	Les Mills BODYCOMBAT Virtual Class 7pm - 8pm		
8pm	Les Mills CORE - Virtual Virtual Class 8:15pm - 8:45pm	Les Mills BARRE - Virtual Virtual Class 8:15pm - 8:45pm	Les Mills CORE Virtual Class 8:15pm - 8:45pm		Les Mills CORE Virtual Class 8:15pm - 8:45pm		

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