



Studio 3 @ Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Bootcamp - Drop In (\$8/class or Monthly Unlimited) Ali Harasha/ Melissa Schmidt 5:05am - 5:50am		HIIT Training - (\$8/class or Monthly Unlimited) Ali Harasha 5:05am - 5:50am		Kettlebell Bootcamp(\$8/class or Monthly Unlimited) Melissa Schmidt 5:05am - 5:50am		
7am						Total Body Bootcamp-\$8/class or Monthly Unlimited Rotating Instructors 7am - 7:45am	
6pm	Intro to Aerial Yoga (Pay in Advance) Jessica Koepke 6:15pm - 7:15pm						

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.