

# Frisco YMCA - Main Street Gymnasium Schedule

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:00am							
5:30am		Boot Camp	Pilates	Boot Camp	Boot Camp		
6:00am		Boot Camp	Pilates	Boot Camp	Boot Camp		
6:30am							
7:00am							
7:30am							
8:00am							
8:30am		Boot Camp				Boot Camp	
9:00am		Boot Camp		Circuit		Boot Camp	Small Fry Classes
9:30am			Light Boot Camp		Biggest Loser	Abs/Arms	
10:00am		Abs	Light Boot Camp		Biggest Loser	Abs	
10:30am					Light Boot Camp		
11:00am							
11:30am					Zumba		
12:00pm							
12:30pm							
1:00pm							
1:30pm	Youth Fitness						
2:00pm	Youth Fitness						
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm			Youth Circuit		Youth Circuit		
5:30pm			Youth Circuit		Youth Circuit		
6:00pm			Boot Camp	Zumba 6:00 - 6:45	Boot Camp		
6:30pm			Boot Camp	Zumba 6:00 - 6:45	Boot Camp		
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							

Schedule may change at any time.

**\*\*Gym will be closed 4/23 from 7am-6pm for Spring Sports Picture Day\*\***