



Brentwood | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced Step Studio C					11:15AM-12:00PM (Cardio) <i>Tim T.</i>	8:20AM-9:15AM (Cardio) <i>Tim T.</i>	
Pilates Reformer (\$) Pilates Reformer Studio					12:00PM-12:50PM (Fee Based Classes) <i>Allyson B.</i>	9:00AM-9:50AM (Fee Based Classes) <i>Evan L.</i> 10:00AM-10:50AM (Fee Based Classes) <i>Evan L.</i>	3:00PM-3:50PM (Fee Based Classes) <i>Michal H.</i>
Full Body Strength Studio A					12:15PM-1:15PM (Strength) <i>Melissa C.</i>	7:10AM-8:25AM (Strength) <i>Angela T.</i> 8:30AM-9:20AM (Strength) <i>DeeAnn S.</i>	
Yoga Studio E					12:20PM-1:25PM (Mind & Body) <i>Anna W.</i> 5:00PM-6:00PM (Mind & Body) <i>Sheryl D.</i>	9:45AM-11:00AM (Mind & Body) <i>Claudine P.</i>	2:00PM-3:30PM (Mind & Body) <i>Felicia C.</i>
Basketball - Full Court Gym - North Side					12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)	1:30PM-4:00PM (Gym)
Pickleball Gym - South Side					12:30PM-4:00PM (Gym)	12:30PM-4:00PM (Gym)	
Bodyweight Boot Camp Studio C					12:30PM-1:30PM (Circuit Training) <i>Sarah T.</i>		
Basketball - Full Court Gym (Both Sides)					4:00PM-8:45PM (Gym)	7:00AM-12:30PM (Gym)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Blast Studio A					6:15PM-7:15PM (Dance) <i>Brandon G.</i>		
Lap Swim - 6 Lanes Indoor Pool						7:00AM-8:00AM (Lap Pools)	
Swim Lessons/Lap Swim - 1 Lane Indoor Pool						8:00AM-12:30PM (Lap Pools)	
Basic Yoga Studio E						8:25AM-9:25AM (Mind & Body) <i>Lou A.</i>	
Indoor Cycling Cycle/B						8:25AM-9:30AM (Cycling) <i>Jeff C.</i>	9:30AM-10:15AM (Cycling) <i>Glenda F.</i>
BARRE Studio C						9:25AM-10:30AM (Mind & Body) <i>Barbara J.</i>	
Boot Camp Studio A						9:30AM-10:35AM (Circuit Training) <i>Angela T.</i>	2:00PM-3:15PM (Circuit Training) <i>Angela T.</i>
Mat Pilates Studio C						10:45AM-11:45AM (Mind & Body) <i>Stacie P.</i>	4:00PM-5:00PM (Mind & Body) <i>Stacie P.</i>
Impact Cardio Studio A						10:45AM-11:45AM (Cardio) <i>Sarah B.</i>	
Open Swim & Lap Swim - 2 Lanes Indoor Pool						1:00PM-6:30PM (Lap Pools)	
Basketball - Half Court Gym (Both Sides)						4:00PM-6:45PM (Gym)	9:00AM-1:30PM (Gym) 4:00PM-6:45PM (Gym)
Open Swim & Lap Swim Indoor Pool							9:00AM-6:30PM (Lap Pools)
BODYPUMP Studio A							9:30AM-10:30AM (Strength) <i>Lisa W.</i>
Full Body Strength Studio C							10:30AM-11:15AM (Strength) <i>Katherine P.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Studio A							11:00AM-12:00PM (Dance) <i>Carrie G.</i>
Vinyasa Yoga Studio E							12:30PM-1:30PM (Mind & Body) <i>Sheryl D.</i>
Pickleball Gym (Both Sides)							1:30PM-4:00PM (Gym)
Core Strength Studio A							3:20PM-4:00PM (Strength) <i>Angela T.</i>



Green Hills Y | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Les Mills CORE GX Studio					11:15AM-11:45AM (Strength) <i>Alberto M.</i>		
BARRE Yoga Studio					11:30AM-12:30PM (Mind & Body) <i>Natalya C.</i>		10:30AM-11:30AM (Mind & Body) <i>Madeline P.</i>
Bounce House Basketball Gym - Court 1					11:30AM-1:00PM (Gym)		
Pilates Tower Mat (\$) Pilates Studio					12:00PM-1:00PM (Fee Based Classes) <i>Julie H.</i>		
Plates & Weights GX Studio					12:00PM-12:45PM (Strength) <i>Alberto M.</i>		
Indoor Cycling Cycle Studio					12:00PM-1:00PM (Cycling) <i>Chip F.</i>	9:30AM-10:30AM (Cycling) <i>Laurel D.</i>	3:00PM-4:00PM (Cycling) <i>Christine S.</i>
Pickleball Basketball Gym - Court 2					12:30PM-2:30PM (Gym)		
Open Gym Basketball Gym					1:00PM-9:00PM (Gym)	7:00AM-10:45AM (Gym) 12:00PM-7:00PM (Gym)	2:00PM-7:00PM (Gym)
AOA Strength GX Studio					1:00PM-1:45PM (Active Older Adults) <i>Alberto M.</i>		
Zumba GX Studio					4:30PM-5:30PM (Dance) <i>Leigh H.</i>	11:05AM-12:05PM (Dance) <i>Javin B.</i>	10:30AM-11:30AM (Dance) <i>Leigh H.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP GX Studio					5:30PM-6:30PM (Strength) <i>Emily S.</i>	10:00AM-11:00AM (Strength) <i>Teresa A.</i> 12:15PM-1:15PM (Strength) <i>Rebekah B.</i>	9:15AM-10:15AM (Strength) <i>Gerry M.</i> 1:00PM-2:00PM (Strength) <i>Teresa A.</i> 5:00PM-6:00PM (Strength) <i>Andrew H.</i>
Yoga Yoga Studio					5:30PM-6:30PM (Mind & Body) <i>Jenni C.</i>	12:00PM-1:00PM (Mind & Body) <i>Stephen J.</i>	12:00PM-1:00PM (Mind & Body) <i>Jenni C.</i>
Open Swim - 2 Lanes Indoor Pool						7:00AM-8:00AM (Lap Pools) 1:00PM-6:30PM (Lap Pools)	9:00AM-2:00PM (Lap Pools) 3:00PM-6:30PM (Lap Pools)
Lap Swim - 4 Lanes Indoor Pool						7:00AM-8:00AM (Lap Pools) 1:00PM-6:30PM (Lap Pools)	9:00AM-2:00PM (Lap Pools) 3:00PM-6:30PM (Lap Pools)
Cycle/Strength Fusion Cycle Studio						7:15AM-8:15AM (Cycling) <i>Laurel D.</i>	
Iyengar Yoga Yoga Studio						7:45AM-8:45AM (Mind & Body) <i>Natalya C.</i>	
Group Exercise Class - Pool Indoor Pool						8:00AM-10:00AM (Lap Pools)	1:00PM-2:00PM (Lap Pools)
H2O Cardio Indoor Pool						8:00AM-9:00AM (Aquatics) <i>Eric C.</i> 9:00AM-10:00AM (Aquatics) <i>Eric C.</i>	1:00PM-2:00PM (Aquatics) <i>Lisa C.</i>
Lap Swim - 2 Lanes Indoor Pool						8:00AM-1:00PM (Lap Pools)	
POUND GX Studio						8:00AM-9:00AM (Circuit Training) <i>David M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BARRE GX Studio						9:00AM-10:00AM (Mind & Body) <i>Rebecca M.</i>	
Tai Chi Yoga Studio						9:00AM-10:30AM (Mind & Body) <i>Zion H.</i>	9:05AM-10:30AM (Mind & Body) <i>harry k.</i>
Swim Lessons - Pool Open Indoor Pool						10:00AM-1:00PM (Lap Pools)	
Basic Yoga Yoga Studio						10:45AM-11:45AM (Mind & Body) <i>Stephen J.</i>	
Group Exercise Class - Gym Basketball Gym						11:00AM-12:00PM (Gym)	
Boot Camp Gym						11:00AM-12:00PM (Circuit Training) <i>Mery S.</i>	
AOA Circuit Yoga Studio						1:15PM-2:00PM (Active Older Adults) <i>Alberto M.</i>	
AOA Yoga Yoga Studio						2:00PM-2:45PM (Active Older Adults) <i>Alberto M.</i>	
Pickleball Basketball Gym - Court 1							9:00AM-1:00PM (Gym)
Open Gym Basketball Gym - Court 2							9:00AM-1:00PM (Gym)
Boot Camp GX Studio							11:35AM-12:35PM (Circuit Training) <i>Madeline P.</i>
Lap Swim - 3 Lanes Indoor Pool							2:00PM-3:00PM (Lap Pools)
Step/Strength Fusion GX Studio							2:05PM-3:00PM (Circuit Training) <i>Teresa A.</i>
Vinyasa Yoga Yoga Studio							2:15PM-3:15PM (Mind & Body) <i>Natalya C.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Blast GX Studio							3:00PM-4:00PM (Dance) <i>Ashley K.</i>
Barre/Pilates Fusion Yoga Studio							3:30PM-4:30PM (Mind & Body) <i>Stephanie M.</i>



Bellevue | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AOA Dance Community Room					11:30AM-12:30PM (Active Older Adults) <i>Joanna M.</i>		
Open Gym Basketball Gym					11:30AM-7:00PM (Gym)	11:00AM-12:30PM (Gym) 2:30PM-6:00PM (Gym)	12:00PM-6:00PM (Gym)
Virtual Les Mills THE TRIP Cycling Studio					1:00PM-1:45PM (Virtual) 6:40PM-7:25PM (Virtual)	10:30AM-11:15AM (Virtual)	3:30PM-4:15PM (Virtual)
Les Mills THRIVE Studio 1					1:10PM-1:55PM (Strength) <i>Jennifer Y.</i>		
BODYBALANCE Cycling Studio					1:45PM-2:00PM (Mind & Body) <i>Virtual I.</i> 7:30PM-8:15PM (Mind & Body) <i>Virtual I.</i>	7:30AM-8:15AM (Mind & Body) <i>Virtual I.</i> 2:40PM-3:25PM (Mind & Body) <i>Virtual I.</i>	
Les Mills CORE Cycling Studio					2:00PM-2:45PM (Strength) <i>Virtual I.</i> 4:00PM-4:30PM (Strength) <i>Virtual I.</i>		1:10PM-1:40PM (Strength) <i>Virtual I.</i> 4:25PM-4:55PM (Strength) <i>Virtual I.</i>
Virtual Les Mills SPRINT Cycling Studio					3:30PM-4:00PM (Virtual)	9:45AM-10:15AM (Virtual) 2:05PM-2:35PM (Virtual)	
Basic Yoga Studio 2					4:30PM-5:25PM (Mind & Body) <i>Cindy G.</i>		
BODYPUMP Heavy Studio 1					5:30PM-6:30PM (Strength) <i>Grace M.</i>		1:05PM-2:05PM (Strength) <i>Shannon B.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Studio 2					5:35PM-6:30PM (Mind & Body) <i>Bridget T.</i>		
Basketball - Full Court Basketball Gym					7:00PM-9:00PM (Gym)		
Open Swim (Full Pool) Lap Pool						7:00AM-5:00PM (Lap Pools)	12:00PM-5:00PM (Lap Pools)
Group Exercise Class - Gym Basketball Gym						7:00AM-12:30PM (Gym)	
Open Swim (Full Rec Pool) Rec Pool						7:00AM-5:00PM (Rec Pools)	12:00PM-5:00PM (Rec Pools)
Boot Camp Basketball Gym						7:15AM-8:15AM (Circuit Training) <i>Renata S.</i>	
BODYPUMP Studio 1						7:15AM-8:00AM (Strength) <i>Jerry M.</i> 10:40AM-11:35AM (Strength) <i>Melanie K.</i>	3:15PM-4:15PM (Strength) <i>Bond N.</i>
Open Swim - Shallow End Only Rec Pool						8:00AM-9:00AM (Rec Pools)	
H2O Circuit Rec Pool						8:05AM-9:05AM (Aquatics) <i>Linda D.</i>	
Dance Blast Studio 1						8:15AM-9:15AM (Dance) <i>Christy F.</i>	2:10PM-3:05PM (Dance) <i>Chaselynn B.</i>
BARRE Studio 2						8:20AM-9:20AM (Mind & Body) <i>Melanie K.</i>	1:15PM-2:10PM (Mind & Body) <i>Melanie K.</i>
Indoor Cycling Cycling Studio						8:30AM-9:15AM (Cycling) <i>John C.</i>	
Line Dancing Community Room						8:30AM-9:25AM (Dance) <i>Sue H.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYATTACK Basketball Gym						8:30AM-9:25AM (Cardio) <i>Chelsey C.</i>	
BODYCOMBAT Studio 1						9:30AM-10:30AM (Martial Arts) <i>Grace M.</i>	
Stretch & Recover Studio 2						9:30AM-10:25AM (Mind & Body) <i>Melanie K.</i>	2:20PM-3:05PM (Mind & Body) <i>Melanie K.</i>
AOA Cardio Community Room						9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>	
Les Mills GRIT Series Basketball Gym						9:40AM-10:10AM (Circuit Training) <i>Shannon B.</i>	
Les Mills CORE Basketball Gym						10:20AM-10:50AM (Strength) <i>Bond N.</i>	
AOA Strength Community Room						10:30AM-11:20AM (Active Older Adults) <i>Sue H.</i>	
Mat Pilates Studio 2						10:35AM-11:35AM (Mind & Body) <i>Greta H.</i>	
BODYBALANCE Studio 2						11:45AM-12:45PM (Mind & Body) <i>Chaley B.</i>	12:05PM-1:05PM (Mind & Body) <i>Gail M.</i> 4:30PM-5:30PM (Mind & Body) <i>Jennifer Y.</i>
Adult Basketball Basketball Gym						12:30PM-2:30PM (Gym)	
BODYPUMP Cycling Studio						1:00PM-2:00PM (Strength) <i>Virtual I.</i>	
BODYCOMBAT Cycling Studio						3:30PM-4:30PM (Martial Arts) <i>Virtual I.</i>	
Virtual Les Mills RPM Cycling Studio						4:30PM-5:15PM (Virtual)	12:10PM-1:00PM (Virtual)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing Studio 1							12:05PM-12:50PM (Martial Arts) <i>Sheyn L.</i>
Les Mills THRIVE Community Room							1:15PM-2:00PM (Strength) <i>Gail M.</i>
Les Mills SPRINT Cycling Studio							2:25PM-2:55PM (Cycling) <i>Bond N.</i>
Yin Yoga Studio 2							3:15PM-4:25PM (Mind & Body) <i>Christy F.</i>



Donelson-Hermitage | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Studio B					11:30AM-12:15PM (Dance) <i>Maiinda D.</i>	11:15AM-12:15PM (Dance) <i>Lucinda V.</i>	
YMCA Programming - 2 Lanes Indoor Pool					12:00PM-2:00PM (Lap Pools)	12:00PM-2:00PM (Lap Pools)	3:00PM-4:00PM (Lap Pools)
Centering Practice Studio A					12:30PM-1:00PM (Mind & Body) <i>Kimee S.</i>		
Open Gym - No Games Back Half of Gym					1:00PM-3:00PM (Gym)	12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
Lap Swim - 4 Lanes Indoor Pool					1:00PM-2:00PM (Lap Pools) 3:00PM-4:00PM (Lap Pools) 7:00PM-8:30PM (Lap Pools)	6:00AM-8:00AM (Lap Pools) 10:00AM-5:30PM (Lap Pools) 2:00PM-5:30PM (Lap Pools) 2:00PM-5:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 4:00PM-5:30PM (Lap Pools)
Lap Swim - 2 Lanes Indoor Pool					2:00PM-3:00PM (Lap Pools) 4:00PM-7:00PM (Lap Pools)	12:00PM-2:00PM (Lap Pools)	3:00PM-4:00PM (Lap Pools)
Open Gym - No Games Front Half of Gym					3:00PM-9:00PM (Gym)	9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
Lap Swim - 3 Lanes Outdoor Pool					3:00PM-7:00PM (Outdoor Pool)	9:00AM-5:30PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)
Pickleball - Half Court Back Half of Gym					3:00PM-9:00PM (Gym)		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Circle Swim Indoor Pool					4:00PM-7:00PM (Lap Pools)		
BODYPUMP Studio B					5:00PM-5:45PM (Strength) <i>Brenda B.</i>	9:00AM-10:00AM (Strength) <i>Cheri E.</i>	
Advanced Step Studio B					6:00PM-7:00PM (Cardio) <i>Stacy T.</i>		11:15AM-12:00PM (Cardio) <i>Stacy T.</i>
Basketball - Full Court Gym						6:00AM-9:00AM (Gym)	
Open Swim - 2 Lanes Indoor Pool						6:00AM-8:00AM (Lap Pools) 12:00PM-5:30PM (Lap Pools) 12:00PM-5:30PM (Lap Pools)	10:00AM-5:30PM (Lap Pools)
Lap Swim - 6 Lanes Outdoor Pool						7:00AM-8:00AM (Outdoor Pool)	
H2O Cardio Indoor Pool						8:00AM-9:00AM (Aquatics) <i>Jean C.</i>	
Mat Pilates Studio A						8:00AM-8:50AM (Mind & Body) <i>Kim W.</i>	
H2O Group Exercise: Cardio Indoor Pool						8:00AM-9:00AM (Lap Pools)	
Step Studio B						8:00AM-8:45AM (Cardio) <i>Cheri E.</i>	
Indoor Cycling Cycling Studio						8:30AM-9:15AM (Cycling) <i>Shelby K.</i>	
Basic Step Studio A						9:00AM-9:45AM (Cardio) <i>Aubrey D.</i>	
Open Swim - 2 Lanes (Deep Only) Indoor Pool						9:00AM-12:00PM (Lap Pools)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim - 1 Lane Indoor Pool						9:00AM-2:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)
Open Swim Outdoor Pool						9:00AM-5:30PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)
Pickleball Back Half of Gym						9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
YMCA Programming - 3 Lanes Indoor Pool						9:00AM-12:00PM (Lap Pools)	
Open Swim Dolphin Pool						10:00AM-5:30PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)
Vinyasa Yoga Studio A						10:00AM-11:00AM (Mind & Body) <i>Jan F.</i>	
Kickboxing Studio B						10:15AM-11:00AM (Martial Arts) <i>Natalie J.</i>	
Basic Yoga Studio A						11:15AM-12:15PM (Mind & Body) <i>Jan F.</i>	
Open Gym Front Half of Gym						12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
BODYPUMP Heavy Studio B						12:30PM-1:30PM (Strength) <i>Stephanie H.</i>	
R.I.P.P.E.D. Studio A							12:15PM-1:15PM (Circuit Training) <i>Shelby K.</i>
Plates & Weights Studio B							12:15PM-1:15PM (Strength) <i>Stacy T.</i>
Swim Team - 3 Lanes Indoor Pool							1:00PM-3:00PM (Lap Pools)
Dance Blast Studio B							1:30PM-2:30PM (Dance) <i>Maritza H.</i>
Christ-Centered Yoga Studio A							2:30PM-3:45PM (Mind & Body) <i>Kimee S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle/Strength Fusion Cycling Studio							3:30PM-4:30PM (Cycling) <i>Alyssa S.</i>
Mindful Movement & Meditation Studio A							4:00PM-5:00PM (Mind & Body) <i>Kimee S.</i>



Franklin | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim (Full Therapy Pool) Therapy Pool					11:30AM-8:45PM (Therapy And Warm Water Pools)	7:00AM-7:15AM (Therapy And Warm Water Pools) 9:45AM-7:45PM (Therapy And Warm Water Pools)	12:30PM-5:45PM (Therapy And Warm Water Pools)
BODYBALANCE Studio 3					11:30AM-12:30PM (Mind & Body) <i>Elizabeth P.</i>	10:30AM-11:30AM (Mind & Body) <i>Shannon M.</i>	
Les Mills SPRINT Cycle Studio					12:00PM-12:30PM (Cycling) <i>Emily M.</i>	8:30AM-9:00AM (Cycling) <i>Kerry S.</i> 9:30AM-10:00AM (Cycling) <i>Wynedka P.</i>	2:30PM-3:00PM (Cycling) <i>Wynedka P.</i> 3:10PM-3:40PM (Cycling) <i>Emily M.</i>
AOA Circuit Studio 1					12:00PM-1:00PM (Active Older Adults) <i>Renee L.</i>		
Les Mills CORE Studio 2					12:45PM-1:15PM (Strength) <i>Emily M.</i>	10:30AM-11:00AM (Strength) <i>Wynedka P.</i>	3:15PM-3:45PM (Strength) <i>Wynedka P.</i>
Cardio Drumming Studio 1					1:10PM-2:00PM (Cardio) <i>Jazz J.</i>		
Boot Camp Studio 1					5:30PM-7:00PM (Circuit Training) <i>Michael J.</i>		
Lap Swim - 3 Lanes Pool						7:00AM-5:30PM (Lap Pools)	12:30PM-5:30PM (Lap Pools)
Open Gym Gym						7:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	9:00AM-6:00PM (Gym)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H2O Circuit Pool						7:30AM-8:25AM (Aquatics) <i>Susan M.</i> 8:30AM-9:30AM (Aquatics) <i>Susan M.</i>	
Group Exercise Class - Therapy Pool Therapy Pool						7:30AM-9:30AM (Therapy And Warm Water Pools)	
Vinyasa Yoga Studio 2						8:00AM-9:00AM (Mind & Body) <i>Julie B.</i>	
Full Body Strength Studio 1						8:00AM-9:00AM (Strength) <i>Beth P.</i>	
BARRE Studio 2						9:15AM-10:15AM (Mind & Body) <i>Tara B.</i>	
Dance Blast Studio 1						9:15AM-10:15AM (Dance) <i>Trina S.</i>	
BODYCOMBAT Studio 3						9:15AM-10:15AM (Martial Arts) <i>Marcya B.</i>	
Open Swim Outdoor Pool						10:00AM-5:30PM (Outdoor Pool)	12:30PM-5:30PM (Outdoor Pool)
BODYPUMP Studio 1						10:30AM-11:30AM (Strength) <i>Marcya B.</i>	9:30AM-10:30AM (Strength) <i>Shannon M.</i> 2:00PM-3:00PM (Strength) <i>Lauren B.</i>
Les Mills PILATES Studio 2						11:15AM-12:00PM (Mind & Body) <i>Wynedka P.</i>	
BODYPUMP Heavy Studio 1						12:00PM-1:00PM (Strength) <i>Amanda B.</i>	
Pickleball Gym						12:00PM-3:00PM (Gym)	
BODYBALANCE Studio 2							12:45PM-1:45PM (Mind & Body) <i>Elizabeth P.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Studio 1							12:45PM-1:45PM (Martial Arts) <i>Grace M.</i>
Dance Blast Studio 2							2:00PM-3:00PM (Dance) <i>Alana W.</i>
Les Mills GRIT Series Studio 1							4:00PM-4:30PM (Circuit Training) <i>Josh L.</i>



Margaret Maddox | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Strength Family Fitness Studio					11:30AM-12:00PM (Strength) <i>Jenny L.</i>		
Les Mills SPRINT Cycling Studio					12:00PM-12:30PM (Cycling) <i>Kara H.</i>		12:00PM-12:30PM (Cycling) <i>Kelsey M.</i>
AOA Yoga Mind/Body Studio					12:15PM-1:15PM (Active Older Adults) <i>Maria C.</i>	8:00AM-8:45AM (Active Older Adults) <i>Sarah C.</i>	
Open Gym Basketball Gym					1:00PM-6:00PM (Gym)	7:00AM-7:20AM (Gym) 12:15PM-6:00PM (Gym) 3:00PM-6:00PM (Gym)	9:00AM-11:00AM (Gym) 1:00PM-6:00PM (Gym)
Restorative Yoga Mind/Body Studio					5:15PM-6:15PM (Mind & Body) <i>Christine P.</i>		11:15AM-12:15PM (Mind & Body) <i>Chris C.</i>
BARRE Family Fitness Studio					5:30PM-6:45PM (Mind & Body) <i>Sarah D.</i>	10:30AM-11:45AM (Mind & Body) <i>Amanda B.</i>	
Open Gym - Half Court Basketball Gym					6:00PM-9:00PM (Gym)		11:00AM-1:00PM (Gym)
Lap Swim - 3 Lanes Indoor Pool						7:00AM-7:45AM (Lap Pools) 12:00PM-5:30PM (Lap Pools)	9:00AM-5:30PM (Lap Pools)
Water Aerobics/Lap Swim - 1 Lane Indoor Pool						7:45AM-8:55AM (Lap Pools)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H2O Circuit Indoor Pool						8:00AM-8:45AM (Aquatics) <i>Pat S.</i>	
Kickboxing Basketball Gym						8:00AM-9:00AM (Martial Arts) <i>Nita F.</i>	
Water Aerobics and Lap Swim (1 Lane) Outdoor Pool						8:00AM-9:00AM (Outdoor Pool)	
Full Body Strength Family Fitness Studio						8:15AM-9:15AM (Strength) <i>Aprille D.</i>	
Indoor Cycling Cycling Studio						8:30AM-9:15AM (Cycling) <i>Kelsey M.</i>	
Swim Lessons - Pool Closed Indoor Pool						8:55AM-12:00PM (Lap Pools)	
Dance Blast Basketball Gym						9:00AM-10:00AM (Dance) <i>Kat M.</i>	
Lap Swim - 1 Lane Outdoor Pool						9:00AM-10:00AM (Outdoor Pool)	
Group Exercise Class - Gym Basketball Gym						9:00AM-10:00AM (Gym) <i>Kat M.</i>	
Advanced Vinyasa Yoga Mind/Body Studio						9:00AM-10:00AM (Mind & Body) <i>Emily S.</i>	
BODYPUMP Family Fitness Studio						9:30AM-10:15AM (Strength) <i>Brigid V.</i>	2:00PM-3:00PM (Strength) <i>Charturah S.</i>
Open Swim Outdoor Pool						10:00AM-5:30PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)
Karate - Full Gym Basketball Gym						10:15AM-12:15PM (Gym)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Recover Mind/Body Studio						12:00PM-1:00PM (Mind & Body) <i>Kim W.</i>	
Iyengar Yoga Mind/Body Studio							10:00AM-11:00AM (Mind & Body) <i>Chris C.</i>
Pickleball - Half Court Basketball Gym							11:00AM-1:00PM (Gym)
Yin Yoga Mind/Body Studio							12:30PM-1:30PM (Mind & Body) <i>Chris C.</i>



Downtown | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CANCELED: Cycle/Strength Fusion Studio C					11:30AM-12:30PM (Cycling) <i>Stephanie C.</i>		
Mat Pilates Studio A					12:00PM-12:45PM (Mind & Body) <i>Janelle M.</i> 4:45PM-5:30PM (Mind & Body) <i>Greta H.</i>	10:15AM-11:15AM (Mind & Body) <i>Kim W.</i>	
Basketball - Half Court Gym					2:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym)	12:00PM-5:00PM (Gym)	10:00AM-3:00PM (Gym)
Basketball - Full Court Gym					5:00PM-8:00PM (Gym)	7:00AM-12:00PM (Gym)	
BODYPUMP Studio B					5:30PM-6:30PM (Strength) <i>Rebecca M.</i>		
Downtown Strength & Conditioning Circuit Studio D					5:45PM-6:30PM (Circuit Training) <i>Ashlee B.</i>	9:00AM-9:45AM (Circuit Training) <i>Renata S.</i> 10:00AM-10:45AM (Circuit Training) <i>Renata S.</i>	
Iyengar Yoga Studio A						8:30AM-9:45AM (Mind & Body) <i>Chris C.</i>	
Indoor Cycling Studio C						8:45AM-9:45AM (Cycling) <i>Janet K.</i>	
Full Body Strength Studio B						9:00AM-10:00AM (Strength) <i>Knoxie K.</i>	10:20AM-11:05AM (Strength) <i>Tim T.</i>
Advanced Step Studio B						10:30AM-11:15AM (Cardio) <i>Tim T.</i>	11:15AM-12:00PM (Cardio) <i>Tim T.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing Studio B						11:30AM-12:20PM (Martial Arts) <i>Renata S.</i>	
Vinyasa Yoga Studio A							11:00AM-12:00PM (Mind & Body) <i>Karina L.</i>
Pickleball Gym							2:00PM-5:00PM (Gym)



Clarksville | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym					12:00PM-8:00PM (Gym)		
Yin Yoga Main Studio					4:30PM-5:15PM (Mind & Body) <i>Natalie B.</i>		
Pickleball: Family/Beginner Gym					5:00PM-7:00PM (General)	11:00AM-1:00PM (General)	
Zumba Main Studio					5:30PM-6:15PM (Dance) <i>Jessica C.</i>	9:30AM-10:15AM (Dance) <i>Kendra T.</i>	
Pickleball: General Gym						7:00AM-11:00AM (General)	
Pickleball Gym						7:00AM-11:00PM (Gym)	
BODYBALANCE Main Studio						7:30AM-8:25AM (Mind & Body) <i>Maura C.</i>	
H2O Cardio Therapy Pool						7:30AM-8:15AM (Aquatics) <i>Trudy S.</i>	
Swim Lessons - Pool Open Therapy Pool						8:00AM-1:15PM (Lap Pools)	
BODYPUMP Half Court Studio						8:30AM-9:25AM (Strength) <i>Steph M.</i>	
Les Mills SHAPES Main Studio						8:30AM-9:15AM (Mind & Body) <i>Maura C.</i>	
AOA Circuit Activity Room						9:30AM-10:15AM (Active Older Adults) <i>Trudy S.</i>	
Les Mills SPRINT Cycle Studio						9:30AM-10:00AM (Cycling) <i>Ebony M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp Half Court Studio						9:45AM-10:30AM (Circuit Training) <i>Erika C.</i>	
Hip Hop Step Main Studio						10:30AM-11:30AM (Cardio) <i>Reva C.</i>	
Family Fitness Half Court Studio						10:45AM-11:30AM (Youth & Family) <i>Erika C.</i>	
Restorative Yoga Main Studio							3:00PM-3:45PM (Mind & Body) <i>Lisa K.</i>



Robertson County | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball - Half Court Side A (Front Half of Gym)					3:30PM-8:00PM (Gym)	10:00AM-6:00PM (Gym)	12:00PM-5:00PM (Gym)
Open Gym - Half Court Side B (Back Half of Gym)					3:30PM-5:00PM (Gym) 6:00PM-8:00PM (Gym)	10:00AM-6:00PM (Gym)	12:00PM-5:00PM (Gym)
YAC Time Side B (Back Half of Gym)					5:00PM-6:00PM (Gym)		
ABC Program Studio B					5:30PM-6:30PM (General) <i>Leslie B.</i>		
Open Swim - Lap Lanes Reserved Outdoor Pool					5:30PM-7:00PM (Outdoor Pool)		
Pickleball Gym						7:00AM-10:00AM (Gym)	
Open Swim (Full Pool) Indoor Pool						7:00AM-10:00AM (Lap Pools) 12:40PM-5:30PM (Lap Pools)	12:00PM-4:30PM (Lap Pools)
BODYPUMP Studio A						8:05AM-9:05AM (Strength) <i>Mari T.</i>	
Kickboxing Studio A						9:20AM-10:05AM (Martial Arts) <i>Brandon B.</i>	
Swim Lessons - Pool Open Indoor Pool						10:00AM-12:40PM (Lap Pools)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Outdoor Pool						10:00AM-6:00PM (Outdoor Pool)	12:00PM-4:30PM (Outdoor Pool)
Yoga Studio A						10:20AM-11:20AM (Mind & Body) <i>Leslie B.</i>	



Sumner County | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body Strength Studio A					4:30PM-5:30PM (Strength) <i>Samantha P.</i>		2:15PM-3:15PM (Strength) <i>Amy S.</i>
Lap Swim - 5 Lanes Lap Pool						7:00AM-10:00AM (Lap Pools) 1:00PM-5:30PM (Lap Pools)	10:00AM-4:00PM (Lap Pools)
Open Swim (Full Therapy Pool) Therapy Pool						7:00AM-8:30AM (Therapy And Warm Water Pools) 12:00PM-5:30PM (Therapy And Warm Water Pools)	10:00AM-3:00PM (Therapy And Warm Water Pools)
Group Exercise Class - Gym Basketball Gym						8:00AM-9:00AM (Gym)	
BODYPUMP Studio D						8:00AM-9:00AM (Strength) <i>Vivian P.</i>	
Swim Lessons - Therapy Pool Closed Therapy Pool						8:30AM-12:00PM (Therapy And Warm Water Pools)	3:00PM-5:30PM (Therapy And Warm Water Pools)
Zumba Studio A						9:30AM-10:30AM (Dance) <i>Johnna M.</i>	
Indoor Cycling Cycle Studio						9:30AM-10:15AM (Cycling) <i>Denise T.</i>	
Functional Training Studio B						9:30AM-10:30AM (Circuit Training) <i>Anna B.</i>	
BODYBALANCE Studio D						9:30AM-10:30AM (Mind & Body) <i>Marissa L.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim Lessons/Lap Swim - 3 Lanes Lap Pool						10:00AM-1:00PM (Lap Pools)	4:00PM-5:30PM (Lap Pools)
Open Swim Outdoor Pool						10:00AM-6:00PM (Outdoor Pool)	12:00PM-6:00PM (Outdoor Pool)
Barre/Pilates Fusion Studio A						10:45AM-11:45AM (Mind & Body) <i>Anna B.</i>	
20-20-20 Studio B							12:30PM-1:30PM (Circuit Training) <i>Anna B.</i>
Barre/Pilates Fusion Studio B							1:35PM-2:15PM (Mind & Body) <i>Anna B.</i>



North Rutherford | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYBALANCE Group Ex Studio					4:30PM-5:20PM (Mind & Body) <i>Kerry S.</i>		
Zumba Group Ex Studio					5:30PM-6:20PM (Dance) <i>Kathy S.</i>	10:00AM-11:00AM (Dance) <i>Kathy S.</i>	
Open Swim (Full Rec Pool) Rec Pool						7:00AM-8:00AM (Rec Pools) 12:00PM-4:30PM (Rec Pools)	12:00PM-4:30PM (Rec Pools)
Lap Swim - 3 Lanes Lap Pool						7:00AM-9:00AM (Lap Pools) 11:00AM-4:30PM (Lap Pools)	12:00PM-4:30PM (Lap Pools)
Core Strength Group Ex Studio						7:00AM-7:45AM (Strength) <i>Lianna S.</i>	
BODYPUMP Group Ex Studio						8:00AM-8:50AM (Strength) <i>Zenobia F.</i>	
Swim Lessons - Rec Pool Open Rec Pool						8:00AM-12:00PM (Rec Pools)	
Open Swim - Shallow End Only Rec Pool						8:00AM-12:00PM (Rec Pools)	
Indoor Cycling Cycling Studio						8:00AM-8:50AM (Cycling) <i>Michael H.</i>	2:00PM-2:50PM (Cycling) <i>Michael H.</i>
Swim Lessons/Lap Swim - 2 Lanes Lap Pool						9:00AM-11:00AM (Lap Pools)	
Yoga Group Ex Studio						9:00AM-9:50AM (Mind & Body) <i>Jacy P.</i>	3:00PM-3:50PM (Mind & Body) <i>Kerry S.</i>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Blast Group Ex Studio							1:00PM-1:50PM (Dance) <i>Alesha H.</i>



Northwest (N. Nashville) | May 25th - May 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Gym						7:00AM-8:45AM (Gym) <i>Virtual I.</i> 11:00AM-4:45PM (Gym) <i>Virtual I.</i>	12:00PM-4:45PM (Gym)
Basic Yoga Group Fitness Studio						7:15AM-8:00AM (Mind & Body) <i>Ramona W.</i>	
20-20-20 Group Fitness Studio						8:10AM-9:00AM (Circuit Training) <i>Ramona W.</i>	
Pickleball Gym						8:45AM-10:45AM (Gym) <i>Rotating I.</i>	
Pickleball: Family/Beginner Gym						8:45AM-10:45AM (General) <i>Kenneth M.</i>	
Hydrorider Indoor Pool						9:00AM-10:00AM (Aquatics) <i>Lisa C.</i>	
Dance Blast Group Fitness Studio						9:30AM-10:30AM (Dance) <i>Evelyn W.</i>	
Dance Blast/Strength Fusion Group Fitness Studio							1:30PM-2:30PM (Dance) <i>Aaliyah T.</i>
Mat Pilates Group Fitness Studio							3:00PM-4:00PM (Mind & Body) <i>Knoxie K.</i>