



Donelson-Hermitage | July 7th - July 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basketball - Full Court Gym						6:00AM-9:00AM (Gym)	
Lap Swim - 4 Lanes Indoor Pool						6:00AM-8:00AM (Lap Pools) 10:00AM-5:30PM (Lap Pools) 2:00PM-5:30PM (Lap Pools)	10:00AM-1:00PM (Lap Pools) 3:00PM-5:30PM (Lap Pools)
Open Swim - 2 Lanes Indoor Pool						6:00AM-8:00AM (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 Aerobics Outdoor Pool						8:00AM-9:00AM (Outdoor Pool)	
H2O Cardio Outdoor Pool						8:00AM-9:00AM (Aquatics) <i>Jean C.</i>	
Step Studio B						8:00AM-8:45AM (Cardio) <i>Cheri E.</i>	
Mat Pilates Studio A						8:00AM-8:50AM (Mind & Body) <i>Knoxie K.</i>	
H2O Group Exercise: Cardio Indoor Pool						8:00AM-9:00AM (Lap Pools)	
Indoor Cycling Cycling Studio						8:30AM-9:15AM (Cycling) <i>Shelby K.</i>	
BODYPUMP Studio B						9:00AM-10:00AM (Strength) <i>Cheri E.</i>	
Basic Step Studio A						9:00AM-9:45AM (Cardio) <i>Aubrey D.</i>	

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Pickleball Back Half of Gym						9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
Open Gym - No Games Front Half of Gym						9:00AM-12:00PM (Gym) 3:00PM-6:00PM (Gym)	10:00AM-3:00PM (Gym)
Lap Swim - 1 Lane Indoor Pool						9:00AM-2:00PM (Lap Pools)	1:00PM-3:00PM (Lap Pools)
Open Swim - 2 Lanes (Deep Only) Indoor Pool						9:00AM-12:00PM (Lap Pools)	
Open Swim and Lap Swim - 3 Lanes Outdoor Pool						9:00AM-5:30PM (Outdoor Pool)	10:00AM-5:30PM (Outdoor Pool)
Vinyasa Yoga Studio A						10:00AM-11:00AM (Mind & Body) <i>Christine P.</i>	
Open Swim Dolphin Pool						10:00AM-5:30PM (Dolphin Pool)	10:00AM-5:30PM (Dolphin Pool)
Kickboxing Studio B						10:15AM-11:00AM (Martial Arts) <i>Troy C.</i>	
Basic Yoga Studio A						11:15AM-12:15PM (Mind & Body) <i>Christine P.</i>	
Zumba Studio B						11:15AM-12:15PM (Dance) <i>Lucinda V.</i>	
Open Gym Front Half of Gym						12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
Open Gym - No Games Back Half of Gym						12:00PM-3:00PM (Gym)	3:00PM-6:00PM (Gym)
YMCA Programming (Area Closed) Back Half of Gym						1:00PM-3:00PM (Gym)	1:00PM-3:00PM (Gym)
Advanced Step Studio B							11:15AM-12:00PM (Cardio) <i>Stacy T.</i>
Plates & Weights Studio B							12:15PM-1:15PM (Strength) <i>Stacy T.</i>

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R.I.P.P.E.D. Studio A							12:15PM-1:15PM (Circuit Training) <i>Shelby K.</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>
Cycle/Strength Fusion Cycling Studio							3:30PM-4:30PM (Cycling) <i>Alyssa S.</i>
Breath Work Studio A							4:00PM-5:15PM (Mind & Body) <i>Steven R.</i>