



BHP Billiton YMCA Gym Schedule – April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
8	9	10	11	12	13	14
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
15	16	17	18	19	20	21
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
22	23	24	25	26	27	28
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates 10:30a-12p: Healthy Kids Day
29	30	May 1	2	3	4	5
	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 10:15a-11:15a: Hooping 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs 5:30p-6:30p: Pilates 6:30p-9p: Pickleball	5:45a-6:45a: Boot Camp 9:15a-10:15a: Pilates 5:30p-6:30p: HIIT 6:30p-8:30p: Volleyball	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates

Times indicated are reserved; additional times are considered open play