

Schedule Effective:  
January 4, 2021



YWCA of Lubbock  
6204 Elgin Ave.  
Lubbock, TX  
806.771.0184

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:30-6:15am Rm 108	<b>Spin Combo</b> Ronda	5:30-6:15am Rm 108	<b>HIT</b> Ronda	5:30-6:15am Rm 108	<b>Spin Combo</b> Ronda	9:00-9:45am Gym	<b>Chair Yoga</b> Janet	8:30-9:30am Rm 108	<b>Yoga</b> Janet	9:00-9:45am Rm 108	<b>HIIT</b> Ronda
8:30-9:30am Rm 108	<b>Yoga</b> Janet	9:00-9:45am Gym	<b>Chair Yoga</b> Janet	8:30-9:30am Rm 108	<b>Yoga</b> Janet	6:00-6:45pm Rm 108	<b>Yoga</b> Janet	9:45-10:45am Gym	<b>Seniorcise</b> Robin		
9:45-10:45am Gym	<b>Seniorcise</b> Robin	6:00-6:45pm Rm 108	<b>Spin-Circuit Combo</b> Ronda	9:45-10:45am Gym	<b>Seniorcise</b> Robin	6:00-6:45pm Fitness Center	<b>Circuit Training</b> Ronda				
6:00-6:45pm Fitness Center	<b>HIIT</b> Ronda	7:00-7:45pm Rm 108	<b>Kickboxing</b> Ronda	6:00-6:45pm Rm 108	<b>Circuit Training</b> Ronda	7:00-7:45pm Multipurpose Rm	<b>Zumba</b> Neil				
6:00-7:00pm Rm 108	<b>Barre-Yoga Fusion</b> Kim			7:00-7:45pm Rm 108	<b>Zumba</b> Christy	7:00-7:45pm Rm 108	<b>Kickboxing</b> Ronda				
										SUNDAY	
										2:00-3:00pm Gym	<b>Zumba</b> Christy



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**YWCA IS ON A MISSION**  
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