



# LOWE'S YMCA STUDIO B SCHEDULE

When not used by GX Classes or programs, Personal Trainers have priority use of space. Members can use the space in between classes, programs, & personal training sessions.

Studio closes 15 minutes prior to classes and training sessions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM		Athletic Conditioning		Athletic Conditioning			
6AM							
7AM	SGT* (7-8AM)		SGT* (7-8AM)		SGT* (7-8AM)		
8AM	Pilates (8-8:50AM)				Pilates (8-8:50AM)		
9AM	Dance (9-9:50AM)		Yoga (9-9:50AM)		SGT* (9-10AM)		
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM	Swimteam Dryland/ Level Up* (4-7PM)	Swimteam Dryland/ Level Up* (4-7PM)	Swimteam Dryland/ Level Up* (4-7PM)	Swimteam Dryland/ Level Up* (4-7PM)	Level Up* (4:30-7PM)		
5PM							
6PM							
7PM							

\*Paid programs, visit [ymcacharlotte.org/programs/fitness](http://ymcacharlotte.org/programs/fitness) for more information on Personal Training and Small Group Training.



Scan for more information and to register for Level Up Youth Athletic Program and Volleyball Trainings.

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