

ACAC Richmond

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM Masters Swimming ACAC Richmond Indoor Pool Deep End	5:45 AM Masters Swimming ACAC Richmond Indoor Pool Deep End	5:45 AM Masters Swimming ACAC Richmond Indoor Pool Deep End	5:45 AM Masters Swimming ACAC Richmond Indoor Pool Deep End	5:45 AM Masters Swimming ACAC Richmond Indoor Pool Deep End	7:55 AM Body Pump Beth Mc ACAC Richmond Studio A	9:00 AM Integral Yoga Charlene M ACAC Richmond Mind & Body Studio
6:00 AM Cycle Glenn P ACAC Richmond Cycle Studio	6:00 AM Body Combat Nicole E ACAC Richmond Studio A	6:00 AM Cycle Mary Anne S ACAC Richmond Cycle Studio	6:00 AM Body Pump Amber V ACAC Richmond Studio A	6:00 AM Cycle Terri M ACAC Richmond Cycle Studio	8:00 AM Masters Swimming ACAC Richmond Indoor Pool Shallow End	9:30 AM Cycle Christine S ACAC Richmond Cycle Studio
6:30 AM Aqua Express Kelly F ACAC Richmond Indoor Pool Shallow End	6:00 AM Mat Pilates I Mary Anne S ACAC Richmond Studio B	6:00 AM Body Flow Beth Mc ACAC Richmond Mind & Body Studio	7:30 AM Multi Level Mat Pilates Mary Anne S ACAC Richmond Mind & Body Studio	7:30 AM Hatha Yoga II Sheila B ACAC Richmond Mind & Body Studio	8:15 AM Mat Pilates I Megan V ACAC Richmond Mind & Body Studio	10:00 AM Body Combat Seo K ACAC Richmond Studio A
7:30 AM Vinyasa Yoga II Sonja S ACAC Richmond Mind & Body Studio	8:15 AM Strength Essentials Candace M ACAC Richmond Studio A	7:30 AM Hatha Yoga II Sheila B ACAC Richmond Mind & Body Studio	7:30 AM Arthritis H2O Theresa S ACAC Richmond Warm Water Pool	8:15 AM Aerobic Moves Amber V ACAC Richmond Studio A	8:30 AM Cycle Laura N ACAC Richmond Cycle Studio	10:00 AM Kids Yoga Lauren C ACAC Richmond Studio B
8:15 AM Aerobic Moves Catie C ACAC Richmond Studio A	9:00 AM Integral Yoga Charlene M ACAC Richmond Mind & Body Studio	8:15 AM Aerobic Mix Kacy O ACAC Richmond Studio A	8:15 AM Strength Essentials Candace M ACAC Richmond Studio A	8:30 AM NIA Marybeth G ACAC Richmond Studio B	9:00 AM Body Combat Candace M ACAC Richmond Studio A	10:30 AM Aqua Fit 2 Lisa N ACAC Richmond Indoor Pool Shallow End
8:30 AM NIA Marybeth G ACAC Richmond Studio B	9:15 AM Deep Aqua Intervals Kellie K ACAC Richmond Indoor Pool Shallow End	8:30 AM NIA Marybeth G ACAC Richmond Studio B	8:30 AM Dance Fusion Marcela C ACAC Richmond Studio B	9:00 AM Vinyasa Yoga II Iffet C ACAC Richmond Mind & Body Studio	9:00 AM Body Step Christine S ACAC Richmond Studio B	10:30 AM Power Yoga Deb M ACAC Richmond Mind & Body Studio
9:15 AM Yoga Essentials Charlene M ACAC Richmond Mind & Body Studio	9:15 AM CX Worx Candace M ACAC Richmond Studio A	9:00 AM Hatha Yoga II Susan K ACAC Richmond Mind & Body Studio	9:00 AM Integral Yoga Charlene M ACAC Richmond Mind & Body Studio	9:25 AM Body Pump Candace M ACAC Richmond Studio A	9:30 AM Hatha Yoga II Sheila B ACAC Richmond Mind & Body Studio	11:00 AM Strength Plus Myra G-R ACAC Richmond Studio A
9:15 AM Aqua Fit 2 Chris H ACAC Richmond Indoor Pool Shallow End	9:30 AM Fusion Mary Anne S ACAC Richmond Studio B	9:15 AM Aqua Fit Theresa S ACAC Richmond Indoor Pool Shallow End	9:15 AM Deep Aqua Intervals Marilyn R ACAC Richmond Activity Pool	9:45 AM Body Step Nannette B ACAC Richmond Studio B	10:00 AM Zumba Marcela C ACAC Richmond Studio A	12:15 PM Choreostep Chris H ACAC Richmond Studio A
9:25 AM Body Pump Terri M ACAC Richmond Studio A	9:45 AM Cardio Circuits Candace M ACAC Richmond Studio A	9:25 AM Body Combat Candace M ACAC Richmond Studio A	9:15 AM CX Worx Kacy O ACAC Richmond Studio A	10:15 AM Aqua Fit Theresa S ACAC Richmond Indoor Pool Shallow End	10:00 AM Body Flow Beth Mc ACAC Richmond Studio B	3:15 PM Body Pump Kellie K ACAC Richmond Studio A
9:45 AM Body Step	9:45 AM Cycle & Strength Terri M	9:45 AM Body Step Express Laura N	9:45 AM Cardio Circuits Kacy O ACAC Richmond	10:30 AM Mat Pilates II Heather C	10:00 AM WATERinMOTION Chris H	4:30 PM Zumba Hayley D

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kacy O ACAC Richmond Studio B	ACAC Richmond Spinning Studio	ACAC Richmond Studio B	Studio A	ACAC Richmond Mind & Body Studio	ACAC Richmond Indoor Pool Shallow End	ACAC Richmond Studio A
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10:00 AM Cycle Mary Anne S ACAC Richmond Cycle Studio	10:15 AM WATERinMOTION Christine S ACAC Richmond Indoor Pool Shallow End	10:00 AM Cycle Suzy W ACAC Richmond Cycle Studio	9:45 AM Pedal & Kettle Sue H ACAC Richmond Cycle Studio	10:30 AM Cycle Express Shelley L ACAC Richmond Cycle Studio	11:00 AM NIA GeGe B ACAC Richmond Studio B	4:45 PM Hatha Yoga I Iffet C ACAC Richmond Mind & Body Studio
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10:15 AM Aqua Fit Shannon Y ACAC Richmond Indoor Pool Shallow End	10:30 AM Vinyasa Yoga II Sonja S ACAC Richmond Mind & Body Studio	10:15 AM Aqua Fit 2 Myra G-R ACAC Richmond Indoor Pool Shallow End	10:15 AM WATERinMOTION Judy R ACAC Richmond Activity Pool	10:35 AM Zumba Marcela C ACAC Richmond Studio A	11:00 AM Yin Yoga Frere F ACAC Richmond Mind & Body Studio	
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10:30 AM Multi Level Mat Pilates Nicole E ACAC Richmond Mind & Body Studio	10:45 AM Body Flow Shelley L ACAC Richmond Studio B	10:25 AM Body Pump Shelley L ACAC Richmond Studio A	10:30 AM Hatha Yoga II Niki S ACAC Richmond Mind & Body Studio	10:45 AM Lite 'n Lively EXP Shannon Y ACAC Richmond Studio B	11:00 AM Ageless Grace Janie P ACAC Richmond Studio A	
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10:35 AM Body Combat Shelley L ACAC Richmond Studio A	12:00 PM Ageless Grace Janie P ACAC Richmond Studio B	10:30 AM Mat Pilates I Christine S ACAC Richmond Mind & Body Studio	10:45 AM Balance Life	11:30 AM Lite Strength Express Shannon Y ACAC Richmond Studio B	12:00 PM Zumba Marcela C ACAC Richmond Studio A	
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10:45 AM Lite 'n Lively EXP Amber V ACAC Richmond Studio B	12:15 PM Lunch Cycle Express Suzy W ACAC Richmond Cycle Studio	10:45 AM Lite 'n Lively EXP Shannon Y ACAC Richmond Studio B	12:00 PM Chair Yoga Frere F ACAC Richmond Mind & Body Studio	5:15 PM Body Pump Nicole E ACAC Richmond Studio A	1:00 PM NIA GeGe B ACAC Richmond Studio B	
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11:15 AM Arthritis H2O Kellie K ACAC Richmond Warm Water Pool	4:30 PM Strength Essentials Amber V ACAC Richmond Studio A	11:15 AM Pre-Natal H2O Myra G-R ACAC Richmond Indoor Pool Shallow End	12:15 PM Lunch Cycle Express Suzy W ACAC Richmond Cycle Studio		1:00 PM Swing Marcela C ACAC Richmond Studio A	
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11:30 AM Lite Strength & Stretch Express Amber V ACAC Richmond Studio B	4:30 PM Mat Pilates I Heather C ACAC Richmond Mind & Body Studio	11:30 AM Lite Strength & Stretch Express Shannon Y ACAC Richmond Studio B	4:30 PM Pilates Essentials Amanda H ACAC Richmond Mind & Body Studio		5:00 PM Yoga Essentials Charlene M ACAC Richmond Mind & Body Studio	
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11:45 AM Hatha Yoga I Susan K ACAC Richmond Mind & Body Studio	5:30 PM NIA GeGe B ACAC Richmond Studio B	11:35 AM Zumba Mix Marcela C ACAC Richmond Studio A	4:30 PM Strength Plus Catie C ACAC Richmond Studio A			
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4:30 PM Aerobic Moves Cary H ACAC Richmond Studio A	6:00 PM Boxing 'n Circuits ACAC Richmond Studio A	4:30 PM Yoga Essentials Deb M ACAC Richmond Mind & Body Studio	5:30 PM NIA Janie P ACAC Richmond Studio B			
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5:15 PM CX Worx Kacy O	6:00 PM H.E.A.T. Waves Shallow Chris H ACAC Richmond	4:30 PM Body Step Cary H	5:45 PM Vinyasa Yoga I Ann H ACAC Richmond Mind & Body Studio			
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACAC Richmond Studio A	Indoor Pool Shallow End	ACAC Richmond Studio A	6:00 PM Boxing 'n Circuits			
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5:45 PM Vinyasa Yoga I Ann H ACAC Richmond Mind & Body Studio	6:30 PM Choreostep Deb M ACAC Richmond Studio B	5:15 PM CX Worx Candace M ACAC Richmond Studio A	ACAC Richmond Studio A			
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6:00 PM Body Pump Kacy O ACAC Richmond Studio A	7:00 PM Body Pump Express Beth Mc ACAC Richmond Studio A	5:45 PM Multi Level Mat Pilates Nicole E ACAC Richmond Mind & Body Studio	6:30 PM Choreostep Molly B ACAC Richmond Studio B			
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6:00 PM Body Combat Laura N ACAC Richmond Studio B	7:00 PM Hatha Yoga II Niki S ACAC Richmond Mind & Body Studio	6:00 PM Body Pump Candace M ACAC Richmond Studio A	7:00 PM Vinyasa Yoga II Iffet C ACAC Richmond Mind & Body Studio			
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6:00 PM Deep Aqua Intervals Marilyn R ACAC Richmond Indoor Pool Deep End	7:00 PM Masters Swimming ACAC Richmond Indoor Pool Shallow End	6:00 PM Aqua Fit 2 Lisa N ACAC Richmond Activity Pool	7:05 PM Zumba Marcela C ACAC Richmond Studio A			
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6:15 PM Cycle Lindsey E ACAC Richmond Cycle Studio	7:30 PM Zumba Basics Amy N ACAC Richmond Studio B	6:15 PM Cycle Shelley L ACAC Richmond Cycle Studio				
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7:00 PM Masters Swimming ACAC Richmond Indoor Pool Shallow End		7:00 PM Body Combat Express Nannette B ACAC Richmond Studio A				
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7:05 PM Zumba Marcela C ACAC Richmond Studio A		7:00 PM Vinyasa Yoga I Becky E ACAC Richmond Mind & Body Studio				
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7:15 PM Body Flow Anna M ACAC Richmond Mind & Body Studio		7:00 PM Masters Swimming ACAC Richmond Indoor Pool Shallow End				
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