



MAUI FAMILY YMCA GROUP FITNESS SCHEDULES

Maui YMCA
 250 Kanaloa Ave
 Kahului, HI 96732
 808-242-9007

FACILITY HOURS:
Monday- Friday 5:30am-9:00pm
Saturday 7:00am-7:00pm
Sunday 10:00am-6:00pm

www.mauiymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am-8:00am GENTLE YOGA DIANA	6:00am-7:00am FOREVER FIT LAURIE	6:00am-7:00am STRENGTH & TONE JEAN S	6:00am-7:00am FOREVER FIT LAURIE	6:00am-7:00am STRENGTH & TONE JEAN S		
8:00am-9:00am ZUMBA RAYO	7:00am-8:00am 20/20/20 DES	7:00am-8:00am HULA FITNESS JADINE & DES	7:00am-8:00am FUMANET CALVIN	7:00am-8:00am STEP & SCULPT CELESTE		
9:30am-10:30am BOOTCAMP WAN YU	8:15am-9:15am ZUMBA TONE LICCET	8:00am-9:00am ZUMBA JADINE	8:15am-9:15am STEP & SCULPT CELESTE	8:15am-9:15am FLOW YOGA DIANA	8:00am-9:15am RIPPED LES & LAURIE	
10:30am-11:00am MOSTLY STRETCH WAN YU	9:30am-10:30am TRX TRAINING JODI	9:15am-10:15am PIYO JOY	9:30am-10:30am MOSTLY STRETCH WAN YU	9:30am-10:45am TRX BOOT CAMP JODI	9:30am-10:30am TURBO KICK/ CORE DE FORCE 3 AMIGAS	10:00am-11:15am HOT HULA LEHUA
1:00pm-2:30pm INTEGRAL YOGA ELEANOR		10:30am-11:30am MIXED LEVEL YOGA DARNITA	11:00am-12:00pm SENIOR FITNESS SETH	11:45am-12:45pm HULA FITNESS JADINE & LEHUA	10:45am-12:00pm YOGA SHAPE CHRISTINE	11:30am-12:45pm MIXED LEVEL YOGA DARNITA
3:00pm-4:00pm PILATES W/ WEIGHTS OR	12:00pm-1:00pm PILATES OR		12:00pm-1:15pm HATHA YOGA PAULA	3:00pm-4:00pm Pacific Cancer Foundation CHI GUNG KURT	12:00pm-1:00pm PILATES OR	
4:15pm-5:15pm CIZE NICHOLE	4:15pm-5:15pm P90X STRENGTH NICHOLE	4:15pm-5:15pm COUNTRY HEAT NICHOLE	1:30pm-2:30pm PILATES OR	4:30pm-5:30pm PAU HANA YOGA ANDI	2:00pm-3:00pm BEGINNING YOGA DARNITA	3:00pm-4:00pm PIYO 3 AMIGAS
5:15pm-6:15pm RIPPED LES & LAURIE	5:15pm-6:15pm HIGH IMPACT DANCE STEP MICHAEL	5:15pm-6:15pm RIPPED 3 AMIGAS	4:15pm-5:15pm ZUMBA TONE LICCET	5:30pm-6:30pm ZUMBA JACKY	3:00pm-4:30pm STABILITY BALL JACKY	
6:30pm-7:30pm HOT HULA NIKI		6:15pm-6:45pm TRX TRAINING NICHOLE	5:15pm-6:15pm ZUMBA JADINE & GINA D			

Child Watch Hours: **Children ages 3 months to 12 years must be checked in to Child watch

Cost: \$4.00 per child (2 hour limit) / Punch card \$24.00 for 12 visits / Punch card \$40 for 20 visits

4/1/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-2:00pm	8:00am-2:00pm	8:00am-2:00pm	8:00am-2:00pm	8:00am-1:00pm	8:00am-12:00pm
3:30pm-6:30pm	3:30pm-6:30pm	3:30pm-6:30pm	3:30pm-6:30pm	3:30pm-6:30pm	