

SENIOR CENTER ROOM SCHEDULE

DUNELAND FAMILY YMCA **WEEK OF SEPTEMBER 2ND – SEPTEMBER 8TH, 2019**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	CLOSED LABOR DAY						
6:00 AM							
7:00 AM			7:45–8:45 Y-B Fit Sandy		7:45–8:45 Y-B Fit Sandy		
8:00 AM		8:00-9:00 Yoga Mahesh		8:00-9:00 Pilates Deborah		8:00-9:00 Yoga Mahesh	
9:00 AM		Set-up 6 Bridge Tables 24 Chairs					
10:00 AM		9:30-2:00 Bridge Ladies	10:00-10:45 YOGA GENTLE STRENGTH				
11:00 AM			11:15-2:00 AOA		11:15-2:00 AOA 12:00-2:30 Bingo		
12:00 PM							
1:00 PM							
2:00 PM				Senior Singers Thursdays @ 2 in SC or CR			
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM		6:00-9:30 Bridge 6 Tables 24 Chairs	6:30-7:30 Yoga Yolanda				
7:00 PM							
8:00 PM							
9:00 PM Y Closes at 9 pm							