BOB SIERRA NORTH TAMPA FAMILY YMCA

Schedules

	Aug					
S 31	M 1	T 2	W 3	T 4	F 5	S 6

Thursday / August 18th

05:15am R.I.P.P.E.D
55 Minutes Theresa

08:00am CXWORX
30 Minutes Rick

01:30pm Senior Dance
55 Minutes Wilda

06:00pm Bodyattack
30 Minutes Whitney

Friday / August 19th

7. Submenu: Schedules
View schedules by day.

BOB SIERRA NORTH TAMPA FAMILY YMCA

Schedules

Type
Group Exercise ▼

Class
Abs Crunch ▼

Instructor
Ashley ▼

Time of Day
10:00 am — 2:00 pm

Apply Filters
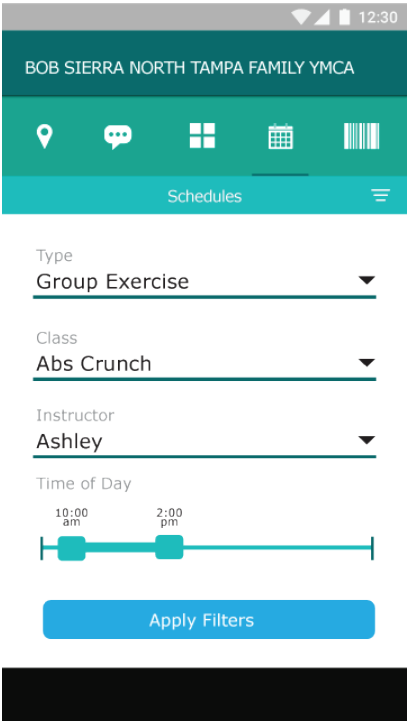
8. Filter button…filter by Type,
Class, Instructor, Time of Day

BOB SIERRA NORTH TAMPA FAMILY YMCA

Schedules

‹ **Body Combat**
August 18th

👤 Jim Davis
🕐 05:15am - 06:10am
📍 Activity Room, 101

A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.
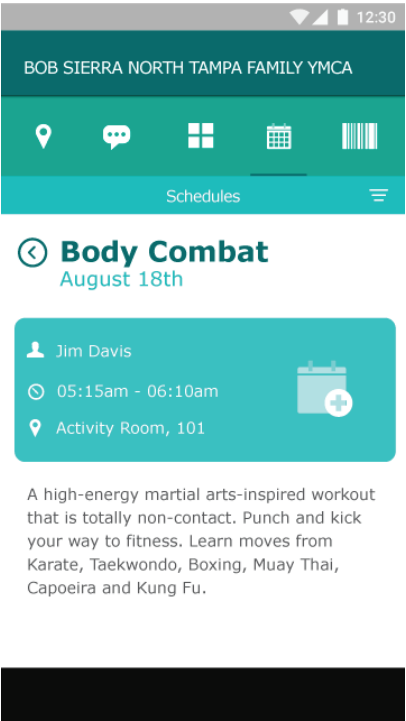
9. Class detail page. If they touch a
class, they see these details.