



North Suburban YMCA  
 2705 Techny Road  
 Northbrook, IL 60062  
 847-272-7250  
 www.nsymca.org

FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		5:00	5:00	5:00	5:00	5:00	5:00
5:15		5:15	5:15	5:15	5:15	5:15	5:15
5:30		5:30	5:30	5:30	5:30	5:30	5:30
5:45	Muscle Definition	5:45	5:45	5:45	5:45	5:45	5:45
6:00		6:00	6:00	6:00	6:00	6:00	6:00
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6:30		6:30	6:30	6:30	6:30	6:30	6:30
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7:45		7:45	7:45	7:45	7:45	7:45	7:45
8:00		8:00	8:00	8:00	8:00	8:00	8:00
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8:30	Circuit 55	8:30	8:30	8:30	8:30	8:30	8:30
8:45		8:45	8:45	8:45	8:45	8:45	8:45
9:00		9:00	9:00	9:00	9:00	9:00	9:00
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9:45		9:45	9:45	9:45	9:45	9:45	9:45
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10:45		10:45	10:45	10:45	10:45	10:45	10:45
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9:30		9:30	9:30	9:30	9:30	9:30	9:30
9:45		9:45	9:45	9:45	9:45	9:45	9:45

Fall Schedule 2: 10/23/17-12/23/17  
 as of 10/19/2017  
 schedule subject to change