



Queenax Room Schedule
 Queenax Room @ Kankakee Area YMCA
 July 22nd - August 18th

1075 N. Kennedy Dr
 KANKAKEE, IL 60901
 (815) 933-1741

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|--|--|---|--|--|-----|-----|
| 5am | | QUEENAX Circuit Merissa Burns-Gray 5:15am - 6am | | QUEENAX Circuit Merissa Burns-Gray 5:15am - 6am | | | |
| 8am | QUEENAX Circuit Ashlie Coughlan 8:30am - 9:30am | | QUEENAX Circuit Mollie Grizzle 8:30am - 9:30am | | QUEENAX Circuit Laura Zens 8am - 8:45am | | |
| 5pm | TRX Tabata Aemilia Gray 5pm - 5:30pm | | TRX Tabata Aemilia Gray 5pm - 5:30pm | | | | |
| 6pm | | QUEENAX Circuit Tina Begley 6:30pm - 7:30pm | | QUEENAX Circuit Tina Begley 6:30pm - 7:30pm | | | |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.