

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

Jan 10-Jan 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boot Camp Richelle 45 mins			
8:15am		Cardio Mashup 45 mins Vicki				
10:00am						Pilates Jess H 45 mins
11:15am				Power Yoga Autumn 45 mins		
4:30pm	Mix It Up Amanda 30 mins					
5:30pm				Body Sculpting 45 mins Heidi		