

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

Jan 17-Jan 22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Cardio Pyramid 45 mins Richelle			
8:15am				Total Body Tabata 45 mins Vicki		
10:00am					Power Yoga Autumn 45 mins	Pilates Jess H 45 mins
11:15am						
4:30pm	Mix It Up Amanda 30 mins	Hip Hop/ Pound Amanda 30 mins				
5:30pm						