

# GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

## May 16-21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am		<b>10/10</b> Vicki 45 mins		<b>Total Body Tabata</b> Vicki 45 mins		
9:00am					<b>Yoga Sculpt</b> Autumn 60 mins	
10:00am						<b>Pilates</b> Jess H 45 mins
4:45pm						
5:30pm		<b>Step &amp; Sculpt</b> 45 mins Richelle	<b>Tabata</b> 45 mins Heidi			