


# GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

## June 13-18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am				<b>Hard Core</b> 45 mins Vicki		
10:00am						<b>Pilates</b> Jess H 45 mins
4:45pm						
5:30pm	<b>Body Sculpting</b> 45 mins Heidi	<b>Tabata</b> 45 mins Heidi				