

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

October 11-16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am						
6:30am	BodyFlow™ Amy T 45 mins					
10:00am						
4:30pm	POUND® Amanda 30 mins	BodyPump™ Amy T 45 mins		Mix It Up Amanda 30mins		
5:30pm			Tabata 45 mins Heidi			