

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

October 4-9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Mash Up Richelle 45 mins			
6:30am	BodyFlow™ Amy T 45 mins			ABC It Up Vicki 45 mins		
10:00am						Pilates Jess H 45 mins
4:30pm	POUND® Amanda 30 mins	BodyPump™ Amy T 45 mins				
5:30pm						