

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

November 15-20

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------------------------|--------------------------------------|---|---|---|------------------------------------|
| 5:30am | | | Boot Camp Richelle 45 mins | | | |
| 6:30am | | | | | | POUND® Amanda 30 mins |
| 8:00am | | | | | | |
| 12:00pm | | | BodyFlow™ Amy T 45 mins | |  | |
| 4:30pm | Mix It Up Amanda 30mins | BodyPump™ Amy T 45 mins | | | | |
| 5:30pm | | | | Body Sculpting 45 mins Heidi | | |