

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

November 22-27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Tabata 45 mins Richelle					
6:30am		Body Sculpt 45 mins Vicki				
10:00am					POUND® Amanda 30 mins	
12:00pm			Mix It Up Amanda 30mins			
4:30pm						
5:30pm		Tabata 45 mins Heidi				