


GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

September 20 - September 26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am						
6:30am	BodyPump™ Amy T 45 mins			Tabata Cardio Vicki 45 mins		
10:00am						
4:15pm			GRIT™ Athletic Tiff 30 mins			
4:45pm		POUND® Amanda 30 mins				
5:30pm				BodyFlow™ Amy T 45 mins		