

GSV YMCA VIRTUAL GROUP EXERCISE SCHEDULE

September 27 - October 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am						
6:30am	BodyPump™ Amy T 45 mins			Mash Up Vicki 45 mins		
8:15am						Sculpt & Tone Richelle 60 mins
10:00am						Pilates Jess H 45 mins
4:15pm			GRIT™ Strength Tiff 30 mins			
4:45pm		POUND® Amanda 30 mins				
5:30pm			BodyFlow™ Amy T 45 mins			