

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 11/5/2018 – 11/10/2018

11/5/18	Monday	5:05p	Power Yoga	Stephanie
11/6/18	Tuesday	5:50p	Power Yoga	Katie
11/7/18	Wednesday	11:40a	Parkinson's	Cara
11/8/18	Thursday	12:30p	Posture	Dinah
11/9/18	Friday	9:40a	Barre	Lacy
11/10/18	Saturday	7:20a	Body Combat	Joanne
11/10/18	Saturday	9:00a	Cycle	Kashmira

Week of 11/11/2018 – 11/16/2018

11/11/18	Sunday	9:30a	Cycle	TBD
11/11/18	Sunday	12:30p	Zumba	Frances
11/12/18	Monday	5:30a	Cycle	Eric
11/12/18	Monday	5:30a	Extreme Fit	TBD
11/12/18	Monday	9:30a	Cardio Blast	TBD
11/12/18	Monday	5:05p	Power Yoga	Stephanie
11/12/18	Monday	6:05p	Barre	Shauna
11/13/18	Tuesday	5:30a	Cycle	TBD
11/15/18	Thursday	6:35p	Barre	TBD
11/16/18	Friday	6:15p	Body Pump	Mariah