

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 5/8/18 – 5/27/18

5/8/18	Tuesday	7:00a	Cycle	Nanette
5/9/18	Wednesday	7:30a	Yoga	Melodie
5/9/18	Wednesday	8:15a	Body Pump	Tracy
5/10/18	Thursday	8:30a	Yoga	Melodie
5/13/18	Sunday	4:00p	Zumba	Jane
5/15/18	Tuesday	8:30a	Cycle	Eric
5/15/18	Tuesday	12:00p	Cycle	Samantha
5/16/18	Wednesday	7:30a	Yoga	Jacqueline
5/27/18	Sunday	9:00a	High Low	Joanne
5/27/18	Sunday	10:00a	Body Pump	Joanne