

Mission Valley YMCA



Group Exercise Class Instructor Substitutes

Week of 8/6/2018 – 8/12/2018

DATE	DAY	TIME	FORMAT	INSTRUCTOR
8/6/2018	Monday	7:00AM	QiGong	Christine
8/6/2018	Monday	10:30AM	Strength	Amy
8/6/2018	Monday	12:35PM	BODYPUMP	Kylee
8/6/2019	Monday	4:30PM	TRX	Jenna
8/7/2018	Tuesday	7:00AM	Barre/Corefit	Shoshannah
8/7/2018	Tuesday	12:40PM	Posture Performance	Dinah
8/7/2018	Tuesday	10:30AM	Barre	Jacqueline
8/7/2018	Tuesday	11:40AM	Tai Chi	John
8/8/2018	Wednesday	10:30AM	Strength	Kashmira
8/8/2018	Wednesday	11:40AM	Parkinsons	Cara
8/9/2018	Thursday	5:30AM	BODYPUMP	Steve
8/9/2018	Thursday	9:30AM	Barre	Shoshannah
8/9/2018	Thursday	12:30PM	Posture Performance	Cara

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Week of 08/13/18 – 8/19/18

DATE	DAY	TIME	FORMAT	INSTRUCTOR
8/13/18	Monday	6:00AM	Power Yoga	TBD
8/13/18	Monday	10:30AM	Strength	Amy
8/13/18	Monday	4:30PM	TRX	Jenna
8/14/18	Tuesday	7:00AM	Barre/Corefit	Shoshannah
8/14/18	Tuesday	9:30AM	U-JAM	TBD
8/14/18	Tuesday	10:30AM	Barre/Corefit	Jacqueline
8/15/18	Wednesday	10:30AM	Strength	Kashmira
8/16/18	Thursday	9:30AM	Barre	Shoshannah
8/18/18	Saturday	7:20AM	BODYCOMBAT	Joanne
8/18/18	Saturday	9:30AM	Cycle	Samantha
8/19/18	Sunday	9:30AM	Cycle	Chavva