

# Mission Valley YMCA



## Group Exercise Class Instructor Substitutes

Week of 8/13/2018 – 8/19/2018

DATE	DAY	TIME	FORMAT	INSTRUCTOR
8/14/18	Tuesday	5:30AM	Extreme Fit	Nanette
8/14/18	Tuesday	7:00AM	Barre/Corefit	Shoshannah
8/14/18	Tuesday	9:30AM	Zumba**/U-JAM	Jenn
8/14/18	Tuesday	10:30AM	Barre/Corefit	Jacqueline
8/15/18	Wednesday	5:30AM	Extreme Fit	Nanette
8/15/18	Wednesday	10:30AM	Strength	Kashmira
8/16/18	Thursday	5:30AM	BODYPUMP	Nanette
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
8/19/2018	Sunday	9:30AM	Gentle Yoga	Dinah

# Mission Valley YMCA



## Group Exercise Class Instructor Substitutes

Week of 08/20/18 – 8/26/18

DATE	DAY	TIME	FORMAT	INSTRUCTOR
8/21/18	Tuesday	9:30AM	U-JAM Fitness	Renelyn
8/22/18	Wednesday	9:30AM	Barre	Shoshannah
8/23/18	Thursday	5:30AM	BODYPUMP	Steve
8/23/18	Thursday	9:40AM	Barre	Maryann
8/24/18	Friday	10:30AM	Cycle/Strength	Sam
8/24/18	Friday	6:35PM	Zumba	TBD
8/25/18	Saturday	7:20AM	BODYCOMBAT	Jenna