

# Mission Valley YMCA



## Group Exercise Class Instructor Substitutes

Week of 1/2/2019 – 1/12/2019

1/3/19	Thursday	12:30p	Posture	Dinah
1/3/19	Thursday	2:00p	Gentle Yoga	Marguerite B
1/4/19	Friday	7:00a	High/Low	Joanna
1/5/19	Saturday	7:30a	Body Combat	Joanne
1/5/19	Saturday	8:30a	Ballet/Tap	Trevor
1/5/19	Saturday	9:30a	Ballet/Tap	Trevor
1/5/19	Saturday	11:00a	Hatha Stretch	Kayla
1/5/19	Saturday	12:20p	Hatha Yoga	Kayla
1/5/19	Saturday	1:35p	Kundalini	Stephanie
1/8/19	Tuesday	5:30a	Cycle	Sam
1/10/19	Thursday	12:30p	Posture	Dinah
1/12/19	Saturday	7:30a	Body Combat	Jenna