

The YMCA Express at Gainsboro
Welcome Desk Schedule

~May Schedule~						
◀ Sep 2014						Nov 2014 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 5 :00 PM Circuit Sweat w/Paul 6:15 Yoga w/Antonio	6 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	7 5:00 PM Circuit Sweat w/Paul	8 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	9	10
11	12 5 :00 PM Circuit Sweat w/Paul 6:15 Yoga w/Antonio	13 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	14 5:00 PM Circuit Sweat w/Paul	15 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	16	17
18	19 5 :00 PM Circuit Sweat w/Paul 6:15 Yoga w/Antonio	20 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	21 5:00 PM Circuit Sweat w/Paul	22 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	23	24
25	26 5 :00 PM Circuit Sweat w/Paul 6:15 Yoga w/Antonio	27 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	28 5:00 PM Circuit Sweat w/Paul	29 5:00 PM Circuit Sweat w/Paul 6:15 – Cardio Step & Weight Training w/Sheila	30	31

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Notes: