YMCA Express at Gainsboro Group Exercise Schedule
March 1st - March 31st

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
10:30						CIRCUIT SWEAT 10:00am - 10:45am (Every other Saturday)
PM						
5:00	CIRCUIT SWEAT 5:00-6:00	CIRCUIT SWEAT 5:00-6:00	CIRCUIT SWEAT 5:00-6:00			
6:15	YOGA 6:15-7:00			CARDIO STEP & WEIGHT TRAINING 6:15-7:00		