

YMCA - Southside Virginia Family Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYCOMBAT 6:15AM - 6:45AM Studio 1	VIRTUAL BODYCOMBAT 7:30AM - 8:30AM Studio 1	VIRTUAL CXWORX 7:30AM - 8:00AM Studio 1	VIRTUAL BODYCOMBAT 7:30AM - 8:30AM Studio 1	VIRTUAL BODYCOMBAT 6:15AM - 6:45AM Studio 1	VIRTUAL SHIBAM 10:30AM - 11:15AM Studio 1	VIRTUAL BODYPUMP 1:30PM - 2:30PM Studio 1
VIRTUAL CXWORX 7:30AM - 8:00AM Studio 1	VIRTUAL RPM 11:00AM - 11:50AM Studio 1	VIRTUAL SHIBAM 10:00AM - 10:45AM Studio 1	VIRTUAL BODYCOMBAT 10:05AM - 10:50AM Studio 1	VIRTUAL BODYPUMP 7:30AM - 8:30AM Studio 1	VIRTUAL BODYCOMBAT 12:00PM - 1:00PM Studio 1	VIRTUAL CXWORX 3:00PM - 3:30PM Studio 1
VIRTUAL BODYPUMP 9:00AM - 10:00AM Studio 1	VIRTUAL SHIBAM 12:00PM - 12:45PM Studio 1	BODYCOMBAT™ 11:10AM - 12:10PM Studio 1	VIRTUAL CXWORX 11:00AM - 11:30AM Studio 1	VIRTUAL BODYCOMBAT 12:30PM - 1:30PM Studio 1	VIRTUAL CXWORX 1:15PM - 1:45PM Studio 1	
VIRTUAL CXWORX 10:15AM - 10:45AM Studio 1	VIRTUAL CXWORX 1:00PM - 1:30PM Studio 1	VIRTUAL CXWORX 12:30PM - 1:00PM Studio 1	VIRTUAL SHIBAM 12:00PM - 12:45PM Studio 1	VIRTUAL CXWORX 2:00PM - 2:30PM Studio 1	VIRTUAL RPM 2:00PM - 2:50PM Studio 1	
VIRTUAL RPM 11:00AM - 11:50AM Studio 1	VIRTUAL BODYCOMBAT 2:00PM - 3:00PM Studio 1	VIRTUAL BODYPUMP 1:15PM - 2:15PM Studio 1	VIRTUAL CXWORX 1:00PM - 1:30PM Studio 1	VIRTUAL BODYPUMP 3:00PM - 4:00PM Studio 1		
VIRTUAL SHIBAM 12:15PM - 12:45PM Studio 1	VIRTUAL RPM 3:30PM - 4:20PM Studio 1	VIRTUAL RPM 2:30PM - 3:20PM Studio 1	VIRTUAL BODYCOMBAT 2:00PM - 3:00PM Studio 1	VIRTUAL SHIBAM 4:30PM - 5:00PM Studio 1		
VIRTUAL BODYPUMP 1:00PM - 2:00PM Studio 1	VIRTUAL BODYPUMP 5:30PM - 6:30PM Studio 1			VIRTUAL RPM 5:15PM - 6:05PM Studio 1		
VIRTUAL SHIBAM 2:30PM - 3:15PM Studio 1	VIRTUAL BODYCOMBAT 6:45PM - 7:45PM Studio 1					