

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MISSOULA YMCA GROUP EX SCHEDULE September 2023				August 31 6:00 Sunrise Yoga Deb 8:15 (FUN) Fit Kelly 9:30 BODYCOMBAT Heather 10:35 Oula Danesa 12:00 Barre Kamra 6:30 BODYPUMP Megan B	1 6:00 Barre Missy 8:15 Strength & Core Melissa 9:30 Cardio Sculpt Sarah 5:30 SHiNE Anna	2 8:00 BODYPUMP Heather 9:00 BODYCOMBAT Heather 10:00 Oula Jan
3 9:30 Sunday Sunrise Yoga Luci	4 YMCA CLOSED FOR LABOR DAY!	5 6:00 Sunrise Yoga Deb 8:15 Yoga Sculpt Kelly 9:30 BODYCOMBAT Heather 10:35 SHiNE Cassie 12:00 Barre Fusion Kamra 5:25 Zumba Megan B/Lexi 6:30 BODYPUMP Liv	6 5:30 BODYPUMP Sarah 8:15 Strength & Core Kelly 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Megan B 1:45 SS Classic Becca 4:30 Sound Strength Cheyenne	7 6:00 Sunrise Yoga Deb 8:15 (FUN) Fit Kelly 9:30 BODYCOMBAT 10:35 Oula Danesa 12:00 Barre Kamra 6:30 BODYPUMP Megan B	8 6:00 Barre Missy 8:15 Strength & Core Kamra 9:30 Zumba Megan B 5:30 SHiNE Cassie	9 8:00 BODYPUMP Lori 9:00 BODYCOMBAT Lori 10:00 Oula Cassie
10 9:30 Sunday Sunrise Yoga Luci	11 5:30 BODYPUMP Kellie 8:15 Strength & Core 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Megan B 1:45 SS Classic Becca 4:30 Sound Strength Cassie 5:45 Oula Jan	12 6:00 Sunrise Yoga Deb 8:15 Yoga Sculpt Kelly 9:30 BODYCOMBAT Heather 10:35 SHiNE Cassie 12:00 Barre Fusion Kamra 5:25 Zumba Megan B/Lexi 6:30 BODYPUMP Liv	13 5:30 BODYPUMP Sarah 8:15 Strength & Core Kelly 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Megan B 1:45 SS Classic Becca 4:30 Sound Strength Cheyenne	14 6:00 Sunrise Yoga Deb 8:15 (FUN) Fit Kelly 9:30 BODYCOMBAT Heather 10:35 Oula Danesa 12:00 Barre Kamra 12:00 Yoga @ Library Youngsee 6:30 BODYPUMP Megan B	15 6:00 Barre Missy 8:15 Strength & Core Melissa 9:30 Cardio Sculpt Sarah 5:30 SHiNE Lizzie	16 8:00 BODYPUMP Heather 9:00 BODYCOMBAT Heather 10:00 Oula Cassie
17 9:30 Sunday Sunrise Yoga Luci	18 5:30 BODYPUMP Kellie 8:15 Strength & Core Meighan 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Kara 1:45 SS Classic Becca 4:30 Sound Strength Cassie 5:45 Oula Jan	19 6:00 Sunrise Yoga Deb 8:15 Yoga Sculpt Kelly 9:30 BODYCOMBAT Heather 10:35 SHiNE Lizzie 12:00 Barre Fusion Kamra 5:25 Zumba Megan B/Lexi 6:30 BODYPUMP Liv	20 5:30 BODYPUMP Sarah 8:15 Strength & Core Kelly 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Kara 1:45 SS Classic Becca 4:30 Sound Strength Cheyenne	21 6:00 Sunrise Yoga Deb 8:15 (FUN) Fit Kelly 9:30 BODYCOMBAT Heather 10:35 Oula Danesa 12:00 Barre Kamra 12:00 Yoga @ Library Youngsee 6:30 BODYPUMP Megan B	22 6:00 Barre Missy 8:15 Strength & Core Meighan 9:30 Cardio Sculpt Sarah 5:30 SHiNE Anna	23 8:00 BODYPUMP Sarah 9:00 BODYCOMBAT Jesse 10:00 Oula Jan
24 9:30 Sunday Sunrise Yoga Luci	25 5:30 BODYPUMP Kellie 8:15 Strength & Core Meighan 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Kara 1:45 SS Classic Becca 4:30 Sound Strength Cassie 5:45 Oula Cassie	26 6:00 Sunrise Yoga Deb 8:15 Yoga Sculpt Kelly 9:30 BODYCOMBAT Heather 10:35 SHiNE Lizzie 12:00 Barre Fusion Kamra 5:25 Zumba Megan B/Lexi 6:30 BODYPUMP Liv	27 5:30 BODYPUMP Sarah 8:15 Strength & Core Kelly 9:30 Zumba Megan B 11:00 Gentle Strength Jane 12:00 BODYPUMP Kara 1:45 SS Classic Becca 4:30 Sound Strength Cheyenne	28 6:00 Sunrise Yoga Deb 8:15 (FUN) Fit Kelly 9:30 BODYCOMBAT Heather 10:35 Oula Danesa 12:00 Barre Kamra 12:00 Yoga @ Library Youngsee 6:30 BODYPUMP Megan B	29 6:00 Barre Missy 8:15 Strength & Core Meighan 9:30 Cardio Sculpt Sarah 5:30 SHiNE Lizzie	30 8:00 BODYPUMP Lynn 9:00 BODYCOMBAT Jesse 10:00 Oula Lizzie