



Elk River YMCA | December 8th - December 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Cycle</b> Studio B <a href="#">REGISTER</a>						8:15AM-9:00AM (Cardio ) <i>Brittany W.</i>	
<b>Tabata</b> Studio A						9:20AM-10:05AM (Cardio & Strength Combo) <i>Brittany W.</i>	
<b>Pickup Volleyball</b> South Gym						10:00AM-12:00PM (Kids & Family ) <i>Staff</i>	