



YMCA OF GREENWICH THANKSGIVING SCHEDULE

Thursday, November 24th

Thursday Hours: 7am-11am

Wellness Schedule:

Spin, SS- SPECIAL TIME!!!

7:00am-8:00am

Kati

Boot Camp, AS1- SPECIAL TIME!!!

7:15am-8:15am

Lamont

Turbo Sweat, MR1/2

8:15am-9:15am

Brandon

Spin, SS- SPECIAL TIME!!! – Please sign up!

8:30am-9:30am

Wendy C.

Body Barre, AS1- CANCELLED!!!

9:30am-10:30am

Wendy

Fit 4 Life, AS1- CANCELLED!!!

10:30am-11:30am

Dana