

Chelsea DeSalve Classes

November - December 2024 YMCA Schedule

Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Sunday 24	Monday 25	Tuesday 26	Wednesday 27 5:30am (Strength)	Thursday 28	Friday 29	Saturday 30
Sunday 1	Monday 2 5:30am (Strength)	Tuesday 3	Wednesday 4 5:30am (Strength) 5:30pm (HIIT)	Thursday 5	Friday 6	Saturday 7 9am (HIIT)
Sunday 8	Monday 9 5:30am (Strength)	Tuesday 10	Wednesday 11 5:30am (Strength) 5:30pm (HIIT)	Thursday 12	Friday 13	Saturday 14 9am (HIIT)
Sunday 15	Monday 16 5:30am (Strength)	Tuesday 17	Wednesday 18 5:30am (Strength) 5:30pm (HIIT)	Thursday 19	Friday 20	Saturday 21 9am (HIIT)
Sunday 22	Monday 23 5:30am (Strength)	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Sunday 29	Monday 30 5:30am (Strength)	Tuesday 31				