



**GREATER MARINETTE-MENOMINEE Y Small Group Training (rev 3.31.17)**

Classes may be cancelled or changed. Please call for most current. Shaded classes have a fee for both members & general public. \* marked classes require registration. Drop-ins available up to 60 min prior to class. Discount for registering in 3 HIIT trainings per week. Visit [www. mmymca.org](http://www.mmymca.org), download our Y app, follow us on Instagram or find us on facebook.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		*6:00-6:30am <b>GRIT™</b> Michell Y-Outback	*5:15-5:45am <b>SPRINT™</b> Melissa/Diane cycle studio	*5:15-5:45am <b>GRIT™</b> Melissa/Anne Y-Outback	*6:30-7:00am <b>SPRINT™</b> Diane cycle studio
*8:20-8:50am <b>SPRINT™</b> Steve cycle studio			*6:00-6:30 a.m. I.T. Diane LSC		*9:00-9:30am I.T. Diane/ Hailey LSC
					*9:15-9:45am <b>SPRINT™</b> Melissa cycle studio
				*11:15-11:45am <b>GRIT™</b> Jenni Y-Outback	
	*12:10-12:40pm <b>GRIT™</b> Steve Y-Outback		*12:10-12:40pm <b>SPRINT™</b> Steve cycle studio		
	*3:55-4:25pm I.T. Kelley LSC	*4:30- 5:00 pm I.T. Kelley LSC			<b>SUNDAY</b>
			*4:30-5:00pm <b>SPRINT™</b> Lori/Jenni cycle studio		*10:30-11:00am <b>SPRINT™</b> Michell cycle studio
*6:00-6:30pm <b>SPRINT™</b> Jenni cycle studio					
*7:15-7:45pm <b>GRIT™</b> Michell Y-Outback		*6:45-7:15pm <b>GRIT™</b> Melissa Y-Outback			