



Oakland YMCA
January 21st - January 27th

2350 Broadway
Oakland, CA 94612
5104519622

7am

THU 21	FRI 22	SAT 23	SUN 24	MON 25	TUE 26	WED 27
	Body Sculpt Main Studio Michelle Austin 7:30am - 8:15am					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.