



## North Royalton Family YMCA | April 1st - April 7th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>TRX Circuit</b> Spirit, Mind, Body Studio					11:00AM-11:50AM (Small Group and Specialty Training) <i>Denise</i>		