

# GOOD WITH GRACE SCHEDULE

**SUN**

10:00 AM

**WED**

8:00 AM

**FRI**

10:00 AM

**ZOOM ID:**

**786 0443 0154**

**WHAT YOU NEED:**

- water
- mat
- weights (cans or bottles)
- shoes (optional)

Venmo: @Grace-Whitlock

