

BVS July Class Schedule

Monday

11:10
Cycle and Core
w/ Steph

12:05
Well Built
w/ Marjorie

Tuesday

11:10
Body Barre Blast
w/ Trudy

12:05
HIIT w/ Jason

Wednesday

11:10
Power Flow Yoga
w/ Gita

12:05
Bootcamp
w/ Brenda

Thursday

11:10
Well Built
w/Marjorie

12:05
Cycle Studio
Beats w/ Ron

Friday

12:05
Mindful Mobility
w/ Paul

