



# BVS August Classes

## 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

12:00-12:50  
Outdoor Weekend  
Warrior Bootcamp

