

# BVS GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>SUNRISE YOGA</b> 7:00-7:45am Claudia		<b>WELL BUILT</b> 11:10-11:55am Marisha	
<b>WELL BUILT</b> 11:10-11:55am Jessie	<b>BARRE</b> 11:00-11:45am Trudy	<b>POWER FLOW YOGA</b> 11:10-11:55am Gita	<b>CONNEXUS CIRCUIT</b> 11:30am-12:15pm Jason	<b>WEEKEND WARRIOR</b> 11:10-11:55am Jason
<b>WELL BUILT</b> 12:05-12:50pm Jessie	<b>CONNEXUS CIRCUIT</b> 11:30am-12:15pm Julie	<b>BOOTCAMP</b> 12:05-12:50pm Brenda	<b>WELL BUILT</b> 12:05-12:50pm Kim	<b>YOGA</b> 12:05-12:50pm Paul
<b>EXPRESS CORE</b> (30 mins) 1:00-1:30pm Lana	<b>SPIN</b> 12:05-12:50pm Jessie	<b>PILATES</b> 1:00-1:45pm Lana	<b>AFTERNOON YOGA</b> 4:30-5:15pm Jeff	