

BVS GROUP FITNESS SCHEDULE

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