

BVS Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sunrise Yoga 7:00-7:45am Claudia		Sunrise Bootcamp 7:15-8:00am Diana	
Well Built 11:10-11:55am Jessie	Barre 11:00-11:45am Trudy	Power Flow Yoga 11:10-11:55am Gita	Well Built 11:10-11:55am Marisha	Weekend Warrior 11:10-11:55am Jason/Ricki
	Connexus Circuit 11:30am-12:15pm Ricki		Connexus Circuit 11:30am-12:15pm Jason	
Well Built 12:05-12:50pm Jessie	Spin 12:05-12:50pm Shannon	Bootcamp 12:05-12:50pm Brenda	Well Built 12:05-12:50pm Marisha	Gentle Flow Yoga 12:05-12:50pm Paul
Express Core 1:00-1:30pm (30min) Lana		Fusion Fit 1:00-1:45pm Lana	Step April 10 , 1:00-1:45pm Heather	
		Pure Strength 4:30-5:15pm Trudy	Afternoon Yoga 4:30-5:15pm Jeff	

April 2025