

# BVS FITNESS CLASS SCHEDULE

May

Monday	Tuesday	Wednesday	Thursday	Friday
11:10 Cycle and Core w/ Steph	7:00 Connexus for Breakfast w/ Steph	11:10 Power Flow Yoga w/ Gita	11:10 Well Built w/ Kim	
12:05 Well Built w/ Kim	11:10 Body Barre Blast w/ Stacy	12:05 Bootcamp w/ Brenda	12:05 Cycle Studio Beats w/ Ron	12:05 Mindful Mobility w/ Paul

