

# BVS September Class Schedule

*Monday*

**11:10**

**HIIT w/ Jason**

**12:05**

**Well Built w/ Kim**

**12:55**

**Time to Mobilize w/  
Steph**

*Tuesday*

**11:00**

**Body Barre Blast  
w/ Trudy**

**12:05**

**Cycle Studio  
Beats w/ Ron**

*Wednesday*

**11:10**

**Power Flow Yoga  
w/ Gita**

**12:05**

**Bootcamp  
w/ Brenda**

*Thursday*

**11:10**

**Well Built  
w/ Marisha**

**12:05**

**Kickboxing  
w/ Bryan**

*Friday*

**11:10**

**Weekend Warrior  
Bootcamp w/ Steph**

**12:05**

**Mindful Mobility  
w/ Paul**

