

BVS Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sunrise Yoga 7:00-7:45am Aoife			
Well Built 11:10-11:55am Noelle	Barre 11:00-11:45am Yulia	Power Flow Yoga 11:10-11:55am Gita	Well Built 11:10-11:55am Marjorie	Bootcamp 11:10-11:55am Skie
	Connexus Circuit 11:30am-12:15pm Noelle		Connexus Circuit 11:30am-12:15pm Skie	
Well Built 12:05-12:50pm Noelle	Spin 12:05-12:50 Marjorie	Bootcamp 12:05-12:50pm Brenda	Well Built 12:05-12:50pm Marjorie	Gentle Flow Yoga 12:05-12:50pm Paul
Core Express 1:00-1:30pm (30min) Lana		Express HIIT 1:00-1:30pm (30min) Skie		
			Afternoon Yoga 4:30-5:15pm Jeff	

ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP