

May BVS Class Schedule

Monday

10:15 Yoga Flow w/ Trudy
11:10 HIIT w/ Jason
12:05 Well Built w/ Kim
1:00 Core Express w/ Lana (30 min)

Tuesday

7:00 Sunrise Yoga w/ Claudia
11:00 Barre w/ Trudy
11:30 Connexus Circuit w/ Jason
12:05 Spin w/ Ron

Wednesday

11:10 Power Flow Yoga w/ Gita
12:05 Bootcamp w/ Brenda
1:00 Pilates w/ Lana

Thursday

11:10 Well Built w/ Marisha
11:30 Connexus Circuit w/ Steph
12:05 HIIT w/ Megan
4:30 Afternoon Yoga w/ Kate

Friday

11:10 Weekend Warrior Bootcamp w/ Steph
12:05 Gentle Flow w/ Paul

Please note: There will be no Connexus circuit until the facility repair work is complete.