

BVS GROUP FITNESS SCHEDULE

Monday

11:10 HIIT
~JESSIE~
12:05 WELL BUILT
~JESSIE~
1:00 CORE
EXPRESS (30 MIN)
~LANA~

Tuesday

7:00 SUNRISE
YOGA
~CLAUDIA~
11:00 BARRE
~TRUDY~
12:05 SPIN
~JESSIE~

Wednesday

11:10 POWER
FLOW YOGA
~GITA~
12:05
BOOTCAMP
~BRENDA~
1:00 PILATES
~LANA~

Thursday

11:10 WELL BUILT
~MARISHA~
12:05 HIIT
~KIM D.~
4:30 AFTERNOON
YOGA
~KATE~

Friday

11:10 WEEKEND
WARRIOR
BOOTCAMP
~JASON~
12:05 GENTLE
FLOW
~PAUL~

PLEASE NOTE: THERE WILL BE NO CONNEXUS CIRCUIT UNTIL THE FACILITY REPAIR WORK IS COMPLETE