

APRIL 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/ Kim
4:30 Afternoon Yoga
w/ Kate

Friday

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