

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~

11:30 CONNEXUS
CIRCUIT
~TARA~

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~

11:30 CONNEXUS
CIRCUIT
~JASON~

12:05 HIIT
~KIM D.~

4:30 AFTERNOON
YOGA
~JEFF~

Friday

11:10 WEEKEND
WARRIOR
BOOTCAMP
~JASON~

12:05 GENTLE
FLOW
~PAUL~