



BP Fitness Center



Q1 Group Fitness Schedule - WL1 Jan 6th - Mar 7th

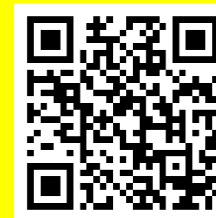
	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	5:45am HIIT Boot Camp 5:45am-6:30am Karleigh- Studio A	Cycle 5:45am-6:30am Bill - Cycle Studio	HIIT Boot Camp 5:45am-6:30am Kathi - Studio A	Cycle 5:45am-6:30am Jiji - Cycle Studio	
	WELLBEATS / Fitness Assessments				
	11:00am Yoga & Meditation 11:15 am - 12:00pm Amy - Studio A/Hybrid	Pilates 11:15am-12:00pm Kirie - Studio A/ Hybrid	Yoga Flow 11:15am - 12:00pm Amy - Studio A	Power Express 11:15am - 12:00pm Stephen - Studio A / Hybrid	Yoga Flow 12:00pm - 12:45pm Cindy - Studio A / Hybrid
	Metabolic Burn (30min) 12:05pm - 12:35pm Edie - Studio A	TRX® (30min) 12:05pm - 12:35pm Kirie - Studio A	Cycle 11:30am - 12:15pm Jiji - Cycle Studio	Stretch & Mobility (30min) 12:05pm - 12:35pm Cindy - Studio A/Hybrid	
WELLBEATS / Fitness Assessments/2pm Movement Break on Teams (10 min.)					
Eve	4:15pm Sculpt Fusion 4:15pm - 5:00pm Kathi - Studio A	Balletone® 4:15pm - 5:00pm Edie - Studio A	Barbell Strength 4:15pm - 5:00pm Edie - Studio A	Pilates 4:15pm - 5:00pm Kathi - Studio A	
Eve	4:15pm		Yoga & Meditation 5:05pm - 5:50pm Cindy - Studio A		

Schedules and updates available at
www.bpfitnesscenter.net/bp-fitness-classes

Jan 6th - Mar 7th

Open to All Levels - Beginners welcome and encouraged to join.
 New to Group Fitness or starting from scratch? Book an
 orientation session in-person or online:
edie.garcia-gutierrez@bp.com

Would you like calendar invites in your
 inbox? Scan below to register your email





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	Monday	Tuesday	Wednesday	Thursday	Friday	
Eve	WELLBEATS / Fitness Assessments					
	11:00am	Barre 11:00am-11:45am Kirie - Helios/ Hybrid	Body Sculpt 11:30am-12:15pm Betti - Helios/ Hybrid	Yoga 11:00am-11:45am Kirie - Helios/ Hybrid	Pilates 11:15am-12:00pm Kirie - Helios/ Hybrid	Stretch & Mobility 11:15am-12:00pm Kirie Helios/ Hybrid
	12:00pm	Gyrokinesis 12:00pm-12:45pm Fernando - Helios/ Hybrid		Gyrokinesis 12:00pm-12:45pm Fernando - Helios/ Hybrid		
	WELLBEATS / Fitness Assessments / 2pm Stretch & Move Break on Teams (10 min.)					
	4:00pm			Line Dancing 4:00pm-4:45pm Marlene- Helios		

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