



# BP Fitness Center



## Q2 Group Fitness Schedule - WL1 Mar 17th - May 23rd

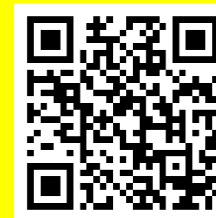
	Monday	Tuesday	Wednesday	Thursday	Friday	
Afternoon	5:45am		Cycle 5:45am-6:30am Bill - Cycle Studio		Cycle 5:45am-6:30am Jiji - Cycle Studio	
	WELLBEATS / Fitness Assessments					
	11:00am	Yoga 11:15 am - 12:00pm Amy - Studio A/Hybrid	Pilates 11:15am-12:00pm Kirie - Studio A/ Hybrid	Yoga Flow 11:15am - 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 Karleigh - 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					

Schedules and updates available at  
[www.bpfitnesscenter.net/bp-fitness-classes](http://www.bpfitnesscenter.net/bp-fitness-classes)

**Mar 17th - May 23rd**

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](mailto:edie.garcia-gutierrez@bp.com)

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





# BP Fitness Center



## Q2 Group Fitness Schedule - Helios Mar 17th - May 23rd

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

Schedules and updates available at  
[www.bpfitnesscenter.net/bp-fitness-classes](http://www.bpfitnesscenter.net/bp-fitness-classes)

**Mar 17th - May 23rd**

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](mailto:edie.garcia-gutierrez@bp.com)

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

