



BP Fitness Center

Q3 Group Fitness Schedule - WL1 Jun 2nd - Aug 29th

no classes on Fri July 4th

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	5:00am	Cycle 5:45am-6:30am Bill - Cycle Studio		Cycle 5:45am-6:30am Jiji - Cycle Studio	
	Please enjoy Wellbeats on Demand				
	11:00am	Yoga with Props 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
			Cycle 11:30am - 12:15pm Jiji - Cycle Studio		
	12:00pm	Metabolic Burn (30min) 12:05pm - 12:35pm Karleigh - Studio A	TRX® (30min) 12:05pm - 12:35pm Kirie - Studio A	Metabolic Burn (30min) 12:05pm - 12:35pm Edie- Studio A	Stretch & Mobility (30min) 12:05pm - 12:35pm Cindy - Studio A/ Hybrid
Eve	2pm Stretch & Move Breaks via Teams (10 min.) every Tuesday and Thursday				
	4:00pm	Sculpt Fusion 4:15pm - 5:00pm Kathi - Studio A	Zumba® (new) 4:15pm - 5:00pm Edie - Studio A	Barbell Strength 4:15pm - 5:00pm Edie - Studio A	Pilates 4:15pm - 5:00pm Kathi - Studio A

Virtual links available on our Group Fitness Webpage
www.bpfitnesscenter.net/bp-fitness-classes

Jun 3rd - Aug 29th

no classes on Fri July 4th

**Join our Summer Sweat Fest Challenge and
earn a chance to win a prize!**

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

**Sign up for the Summer Sweat Fest
Challenge!**





BP Fitness Center

Q3 Group Fitness Schedule - Helios Jun 2nd - Aug 29th

no classes on Fri July 4th

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	No early morning sessions. Please enjoy Wellbeats on Demand				
	11:00am Barre 11:00am-11:45am Kirie - Helios/ Hybrid	Body Sculpt <i>(new time)</i> 11:15am-12:00pm Betti - Helios	Yoga 11:00am-11:45am Kirie - Helios/ Hybrid	Pilates Fusion 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				
	2pm Virtual Stretch & Move Breaks via Teams (10 min.)				
Eve	4:00pm		Line Dancing <i>(new time)</i> 4:15pm-5:00pm Marlene- Helios		

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