



# BP Fitness Center



## Q1 Group Fitness Schedule - WL1 Jan 5th - Mar 6th

| Morning   |                                                                                                                       |                                                                       |                                                          |                                                        |                                                                      |                                                             |
|-----------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------|
|           | Monday                                                                                                                | Tuesday                                                               | Wednesday                                                | Thursday                                               | Friday                                                               |                                                             |
| Afternoon | 5:45am                                                                                                                |                                                                       | Cycle<br>5:45am-6:30am<br>Bill - Cycle Studio            | Boot Camp<br>5:45am-6:30am<br>Kathi - Studio A         |                                                                      |                                                             |
|           | WELLBEATS on Demand Available in the Studio. Private/Small Group Training Appointments - Edie.Garcia-Gutierrez@bp.com |                                                                       |                                                          |                                                        |                                                                      |                                                             |
|           | 11:00am                                                                                                               | Total Body Blast<br>11:15am - 12:00pm<br>Karleigh - Studio A / Hybrid | Pilates<br>11:15am-12:00pm<br>Kirie - Studio A / Hybrid  | Step N Sculpt<br>11:15am - 11:55am<br>Kathi - Studio A | Power Express<br>11:15am - 12:00pm<br>Stephen - Studio A / Hybrid    |                                                             |
|           |                                                                                                                       | Yoga with Props<br>12:05pm - 12:50pm<br>Amy - Studio A / Hybrid       | TRX® (30min)<br>12:05pm - 12:35pm<br>Kirie - Studio A    | Cycle<br>11:30am - 12:15pm<br>Jiji - Cycle Studio      | Stretch & Mobility<br>12:05pm - 12:50pm<br>Cindy - Studio A / Hybrid | Yoga Flow<br>12:00pm - 12:45pm<br>Cindy - Studio A / Hybrid |
| Eve       |                                                                                                                       |                                                                       | Stretch & Relax<br>2:00pm - 2:10pm<br>Teams Only         | Yoga Flow<br>12:05pm - 12:50pm<br>Amy - Studio A       | Stretch & Relax<br>2:00pm - 2:10pm<br>Teams Only                     |                                                             |
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|           | 4:00 PM                                                                                                               | Barre<br>4:15pm - 4:55pm<br>Edie - Studio A                           | Arms & Abs (30min)<br>4:15pm - 4:45pm<br>Edie - Studio A | Muscle Sculpt<br>4:15pm - 5:00pm<br>Edie - Studio A    | Pilates<br>4:15pm - 5:00pm<br>Kathi - Studio A                       |                                                             |
|           |                                                                                                                       | Hatha Yoga<br>5:00pm - 6:00pm<br>Mayra - Studio A                     | Zumba®<br>5:00pm - 5:45pm<br>Edie - Studio A             |                                                        |                                                                      |                                                             |

Schedules, Pop Ups and updates available at  
<http://bpfitnesscenter.net/groupfitness>

**Jan 5th - Mar 6th**

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





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| Eve Afternoon Morning | Monday                                                                                                                |                                            | Tuesday |                                                  | Wednesday                                        |                                                  | Thursday |                                                     | Friday |                                                         |  |
|-----------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------|---------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|----------|-----------------------------------------------------|--------|---------------------------------------------------------|--|
|                       | 5:45am                                                                                                                |                                            |         |                                                  |                                                  |                                                  |          |                                                     |        |                                                         |  |
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|                       | 11:00am                                                                                                               | Barre<br>11:00am-11:45am<br>Kirie - Hybrid |         | Bootcamp<br>11:15am - 12:00pm<br>Stephen         |                                                  | Body Sculpt<br>11:15am-12:00pm<br>Betti - Hybrid |          | Pilates Fusion<br>11:15am-12:00pm<br>Kirie - Hybrid |        | Stretch & Mobility<br>11:15am-12:00pm<br>Kirie - Hybrid |  |
|                       |                                                                                                                       |                                            |         | Stretch & Relax<br>2:00pm - 2:10pm<br>Teams Only |                                                  | Yoga<br>12:05pm-12:50pm<br>Kirie - Hybrid        |          | Stretch & Relax<br>2:00pm - 2:10pm<br>Teams Only    |        |                                                         |  |
|                       | WELLBEATS on Demand Available in the Studio. Private/Small Group Training Appointments - Edie.Garcia-Gutierrez@bp.com |                                            |         |                                                  |                                                  |                                                  |          |                                                     |        |                                                         |  |
|                       | 4:30 PM                                                                                                               |                                            |         |                                                  | Urban Line Dancing<br>4:30pm - 5:15pm<br>Natasha |                                                  |          |                                                     |        |                                                         |  |

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