



# BP Fitness Center



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

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

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