



BP Fitness Center



Q3 Group Fitness Schedule - WL1 June 3rd - August 30th

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	5:45am		Cycle 5:45am-6:30am Bill T - Cycle Studio		
	WELLBEATS / Fitness Assessments				
Afternoon	11:00am	Yoga/Meditation (60min) 11:15 am - 12:15pm Jahnvi- Studio A Hybrid	Pilates 11:15am-12:00pm Kirie - Studio A Hybrid	Gentle Yoga Flow 11:30am - 12:15pm Amy - Studio A	Power Express 11:30am - 12:15pm Stephen - Studio A Hybrid
			TRX® (30min) 12:05am - 12:35pm Kirie - Studio A		Cycle 11:30am - 12:15pm Jiji - Cycle Studio
WELLBEATS / Fitness Assessments/2pm Stretch & Move Break on Teams (10 min.)					
Eve	4:15pm	S.C.O.R.E 4:15pm - 5:00pm Natasha - Studio A	Zumba® 4:15pm - 5:00pm Edie - Studio A	Power Pump 4:15pm - 5:00pm Edie - Studio A	Cardio Kickboxing 4:15pm - 5:00pm Kathi - Studio A

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

June 3rd - August 30th

Open to All Levels - Beginners welcome and encouraged to join. Register for Summer Sweat Fest using the QR Code to earn prizes for attending classes this summer! For questions email edie.garcia-gutierrez@bp.com

Summer Sweat Fest Jun 10th - Aug
23rd





BP Fitness Center



Q3 Group Fitness Schedule - Helios June 3rd - August 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	
Afternoon	WELLBEATS / Fitness Assessments					
	11:00am	Barre 11:00am-11:45am Kirie - Helios/ Hybrid	Body Sculpt 11:30am-12:15pm Betti - Helios	Yoga 11:00am-11:45am Kirie M - Helios/ Hybrid	Pilates 11:15am-12:00pm Kirie M - Helios/ Hybrid	Stretch & Mobility 11:15am-12:00pm Kirie M Helios/ Hybrid
	12:00pm			Private Class Reservation 12p-1pm		
	WELLBEATS / Fitness Assessments/ 2pm Stretch & Move Break on Teams (10 min.)					

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

June 3rd - August 30th

Open to All Levels - Beginners welcome and encouraged to join. Register for Summer Sweat Fest using the QR Code to earn prizes for attending classes this summer! For questions email edie.garcia-gutierrez@bp.com

Summer Sweat Fest Jun 10th - Aug 23rd

