

March

BVS Class Schedule



Monday

7:00 Sunrise Yoga

w/ Claudia

11:10 HIIT

w/ Jason

12:05 Well Built w/

Kim

Tuesday

11:00 Body Barre

Blast w/ Trudy

11:30 Connexus

Circuit w/ Jason

12:05 Cycle Studio

Beats w/ Ron

Wednesday

11:10 Power Flow

Yoga w/ Gita

12:05 Bootcamp

w/ Brenda

Thursday

11:10 Well Built

w/ Marisha

11:30 Connexus

Circuit w/ Steph

12:05 Kickboxing w/

Bryan

4:30 Afternoon Yoga

w/ Kate

Friday

11:10 Weekend

Warrior Bootcamp

w/ Steph

12:05 Mindful

Mobility w/ Paul

International Womens

Day Class

March 7th 11am

