



May BUS Class Schedule



Monday

11:10 HIIT
w/ Jason
12:05 Well Built
w/ Kim

Tuesday

7:00 Sunrise Yoga
w/ Claudia
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

