


## PRIME TIME CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
<b>Body Pump</b> 6:15-7:15am Virtual Group Fitness	<b>Ultimate Cardio</b> 6:15-7:00am Gretchen Group Fitness	<b>Body Pump</b> 6:15-7:15am Kelly Group Fitness	<b>HIIT</b> 6:30-7:00am Kerrie Group Fitness	<b>Body Pump</b> 6:15-7:15 Virtual Group Fitness	
					SUN
					Keeping Portland Strong
<b>HIIT &amp; Core</b> 12:00-12:45pm Kerrie Group Fitness	<b>BodyPump</b> 12:15-1:15pm Virtual Group Fitness	<b>Barre FIIT</b> 12:00-1:00pm Crystal Studio Zen	<b>Body Pump</b> 12:15-1:15pm Virtual Group Fitness	<b>Body Pump</b> 12:15-1:15pm Virtual Group Fitness	
		<b>Vinyasa Yoga</b> 11:30-12:30pm Bethany Studio Zen			
<b>Body Pump</b> 5:30-6:30pm Megan Group Fitness	<b>Vinyasa Yoga</b> 5:30-6:30pm Erick Studio Zen	<b>Body Pump</b> 5:30-6:30pm Pawel Group Fitness	<b>Vinyasa Yoga</b> 5:30-6:30pm Erick Studio Zen		
<b style="color: red;">Be sure to sign up for classes via MindBody.</b> All classes on this schedule are live in-house.					
For MORE virtual classes, check our online class schedule at: <a href="http://bayclubfitness.com/schedule">bayclubfitness.com/schedule</a> or on the MindBody App!					<b>KEY</b> Purple=Virtual
For questions regarding sign-ups or classes, email Marissa at: <a href="mailto:macrockett93@gmail.com">macrockett93@gmail.com</a>					