


PRIME TIME CLASS SCHEDULE

| MON | TUES | | WED | THURS | FRI | SAT |
|---|--|---|---|---|--|---|
| Body Pump 6:15-7:15am Virtual Group Fitness | Vibe Ride 6:15-7:00am Kerrie Cycle Studio | Ultimate Cardio 6:15-7:00am Gretchen Group Fitness | Body Pump 6:15-7:15am Kelly Group Fitness | HIIT 6:30-7:00am Kerrie Group Fitness | Body Pump 6:15-7:15am Virtual Group Fitness | Body Pump 9:00-10:00am Virtual Group Fitness |
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| SUN | | | | | | |
| Body Flow 9:00-10:00am Virtual Group Fitness | | | | | | |
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| HIIT & Core 12:00-12:45pm Kerrie Group Fitness | BodyPump 12:00-1:00pm Virtual Group Fitness | Barre 12:00-12:55pm Julia Studio Zen | Body Pump 12:15-1:15pm Julia Group Fitness | Vinyasa Yoga 11:30-12:30pm Bethany Studio Zen | Body Combat 10:45-11:45pm Virtual Group Fitness | Core & More 12:00-12:55pm Julia Studio Zen |
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| Body Pump 5:30-6:30pm Megan Group Fitness | Vinyasa Yoga 5:30-6:30pm Erick Studio Zen | | Body Pump 5:30-6:30pm Pawel Group Fitness | Body Flow 5:30-6:30pm Virtual Group Fitness | | |
| Be sure to sign up for classes in the Member Portal @ bayclubfitness.thememberspot.com | | | |  | | |
| For MORE virtual classes, check our online class schedule at: bayclubfitness.com/schedule/schedule/ | | | | | | |
| For questions regarding sign-ups or classes, email Marissa at: macrockett93@gmail.com | | | | | | |
| Keeping Portland Strong | | | | | | KEY Purple=Virtual |