


PRIME TIME CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
Body Pump 6:15-7:15am Virtual Group Fitness	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
					SUN Body Flow 9:00-10:00am Virtual Group Fitness
Vinyasa Yoga 11:30-12:30pm Bethany Studio Zen	BodyPump 12:00-1:00pm Virtual Group Fitness		Vinyasa Yoga 11:30-12:30pm Bethany Studio Zen	HIIT 11:30-12:00pm Kerrie Group Fitness	
	Barre 12:00-12:55pm Julia Studio Zen	Body Pump 12:15-1:15pm Julia Group Fitness	Core & More 12:00-12:55pm Julia Studio Zen	Body Pump 12:15-1:15pm Virtual Group Fitness	Keeping Portland Strong
Body Pump 5:30-6:30pm Megan Group Fitness	Vinyasa Yoga 5:30-6:30pm Erick Studio Zen		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/			KEY Purple=Virtual		
For questions regarding sign-ups or classes, email Marissa at: macrockett93@gmail.com					