


PRIME TIME CLASS SCHEDULE

MON	TUES		WED	THURS	FRI	SAT
Body Pump 6:15-7:15am Virtual 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			
HIIT & Core 12:00-12:45pm Kerrie Group Fitness	Body Pump 12:00-1:00pm Virtual Group Fitness	Barre 12:00-12:55pm Julia Studio Zen	Body Pump 12:15-1:15pm Julia Group Fitness		Body Pump 12:15-1:15pm Virtual Group Fitness	
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 Tracy at: Tracy@bayclubfitness.com						

Keeping Portland Strong