


PRIME TIME CLASS SCHEDULE

6/29/2020

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	Body Combat 6:15-7:15 Virtual Group Fitness	Body Flow 6:15-7:15 Virtual Group Fitness	
					SUN
HIIT & Core 12:00-12:45pm Kerrie Group Fitness	Vinyasa Yoga 12:30-1:30pm Bethany Studio Zen	Sh'Bam 12:30-1:15pm Virtual Group Fitness	Barre FIIT 12:00-1:00pm Crystal Studio Zen	Body Pump 12:15-1:15pm Virtual Group Fitness	Vinyasa Yoga 12:30-1:30pm Bethany Studio Zen
		Body Pump 12:15-1:15pm Virtual Group Fitness	Body Pump 12:30-1:30 Stephanie Group Fitness	Barre FIIT 12:00-1:00 Crystal Studio Zen	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 Pump 5:30-6:30pm Virtual Group Fitness	Vinyasa Yoga 5:30-6:30pm Chelsea Studio Zen		
<p>Be sure to sign up for classes via MindBody. Class spots are limited!</p>					
<p>For MORE virtual classes, check our online class schedule at: bayclubfitness.com/schedule or on the MindBody App!</p>					
<p>For questions regarding sign-ups or classes, email Marissa at: macrockett93@gmail.com</p>					<p>KEY Purple=Virtual</p>

Keeping Portland Strong

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