


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 | BodyPump 12:15-1:15pm 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 | 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 style="color: red; font-weight: bold; font-size: 1.2em;">Be sure to sign up for classes via MindBody. Class spots are limited!</p> | | |  | | Keeping Portland Strong | |
| <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 style="color: red; font-weight: bold;">KEY</p> <p style="color: red; font-weight: bold;">Purple=Virtual</p> | | |

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