

PRIME TIME CLASS SCHEDULE

6/29/2020

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

Keeping Portland Strong

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