

GROUP EXERCISE SCHEDULE

August 2021

MONDAY

5:15 – 6:15 AM	BODYPUMP	Allen	Group Ex
8:00 – 9:00 AM	Barre	Laure	Mind/Body
9:00 – 10:00 AM	BODYPUMP	Becky	Group Ex
10:15 – 11:15 AM	BODYFLOW	Becky	Mind/Body
4:30 – 5:20 PM	Barre	Peggy	Mind/Body
4:45 – 5:15 PM	SPRINT	Alyssa	Cycling
5:30 – 6:30 PM	BODYPUMP	Dane	Group Ex
5:30 – 6:30 PM	Pilates	Tiffeny	Mind/Body
6:45 – 7:45 PM	BODYFLOW	Theresa	Mind/Body

TUESDAY

5:15 – 5:45 AM	Les Mills CORE	BethAnn	Group Ex
5:45 – 6:15 AM	GRIT	BethAnn	Group Ex
7:00 – 8:00 AM	Barre	Liza	Mind/Body
8:00 – 8:45 AM	Bootcamp	Tami	Turf
9:00 – 10:00 AM	Vinyasa Yoga	Jane	Mind/Body
9:00 – 9:30 AM	Les Mills CORE	Becky	Group Ex
9:30 – 10:30 AM	BODYCOMBAT	Becky	Group Ex
9:30 – 10:15 AM	RPM	Kelly	Cycling
10:15 – 11:15 AM	Gentle Yoga	Jane	Mind/Body
5:00 – 5:30 PM	Les Mills CORE	Kim	Group Ex
5:30 – 6:00 PM	BODYCOMBAT	Kim	Group Ex
5:30 – 6:30 PM	Yin Yoga	Kaitlyn	Mind/Body

WEDNESDAY

5:15 – 6:15 AM	BODYCOMBAT	Kim	Group Ex
8:00 – 9:00 AM	Barre	Melissa	Mind/Body
9:00 – 10:00 AM	BODYPUMP	Katherine	Group Ex
10:15 – 11:15 AM	BODYFLOW	Kelly	Mind/Body
10:00 – 10:45 AM	Bootcamp	Tami	Turf
4:30 – 5:20 PM	Barre	Tiffeny	Mind/Body
4:45 – 5:15 PM	SPRINT	Becky	Cycling
5:30 – 6:30 PM	Pilates	Tiffeny	Mind/Body
5:30 – 6:30 PM	BODYPUMP	Becky	Group Ex
6:45 – 7:45 PM	BODYFLOW	Becky	Mind/Body

THURSDAY

5:15 – 6:00 AM	RPM	Alyssa	Cycling
7:00 – 8:00 AM	Barre	Peggy	Mind/Body
8:00 – 8:45 AM	Bootcamp	Tami	Turf
8:15 – 8:45 AM	Meditation	Susie	Mind/Body
9:00 – 9:30 AM	Les Mills CORE	Becky	Group Ex
9:00 – 10:00 AM	Vinyasa Yoga	Linda	Mind/Body
9:30 – 10:30 AM	BODYCOMBAT	Becky	Group Ex
10:15 – 11:15 AM	Gentle Yoga	Linda	Mind/Body
4:30 – 5:15 PM	BODYFLOW EX	Nikki	Mind/Body
5:00 – 5:30 PM	Les Mills CORE	Theresa	Group Ex
5:30 – 6:00 PM	BODYCOMBAT	Theresa	Group Ex
5:30 – 6:30 PM	Yoga Strong	Beth	Mind/Body

FRIDAY

5:15 – 6:15 AM	BODYPUMP	Kim	Group Ex
8:15 – 8:45 AM	SPRINT	Theresa	Cycling
9:00 – 10:00 AM	BODYPUMP	Theresa	Group Ex
9:00 – 9:45 AM	RPM	Kelly	Cycling
9:00 – 10:00 AM	Vinyasa Flow	Beth	Mind/Body
10:00 – 11:00 AM	Bootcamp	Laure	Turf
11:00 – 12:00 PM	Barre	Laure	Mind/Body

SATURDAY

7:30 – 8:00 AM	GRIT	Stephanie	Group Ex
8:00 – 9:00 AM	BODYFLOW	Nikki	Mind/Body
8:00 – 8:45 AM	RPM	Kelly	Cycling
8:15 – 9:15 AM	BODYCOMBAT	Alyssa	Group Ex
9:15 – 10:15 AM	Power Yoga	Nikki	Mind/Body
9:30 – 10:30 AM	BODYPUMP	Rotation	Group Ex

SUNDAY

8:30 – 9:15 AM	Barre	Rotation	Mind/Body
9:30 – 10:30 AM	Vinyasa Yoga	Kaitlyn	Mind/Body
9:30 – 10:15 AM	Cycle	Liza	Cycling

Our instructors will guide you through a safe and effective workout along your fitness journey. All ages and fitness stages welcome!

Sign up on the be FITNESS APP for the class you want to take, this will reserve your spot! You can sign up 24 hours in advance for a class on the APP and if something comes up and you can no longer attend, you can cancel up to 30 minutes before class starts.

For any group class needs, please contact Becky (Group Fitness Manager) at becky@befitnesscenter.com. Classes and class descriptions can be found on the be FITNESS app.



FITNESS