

# OPEN GROUP SCHEDULE

## MONDAY

**8 a.m.** Pilates – Michelle  
**9 a.m.** Body by Deck – Kristin  
**6 p.m.** Sweat – Evan

## TUESDAY

**8:30 a.m.** Pilates – Linda  
**9:30 a.m.** Battle Ropes – Tami  
**9:30 a.m.** Pilates – Debbi

## WEDNESDAY

**6 a.m.** Functional – BJ  
**8 a.m.** Pilates – Linda  
**6 p.m.** Sweat – Evan



### PILATES STUDIO

\*Pilates Open Group has special package pricing.



### UPPER LEVEL

## THURSDAY

**9 a.m.** TRX – Dawn  
**9:30 a.m.** Pilates – Linda

## FRIDAY

**6 a.m.** Functional – BJ / Karen  
**8:30 a.m.** Pilates – Debbi

## SATURDAY

**9 a.m.** beBoxing – Evan



# FITNESS

For full class descriptions, please visit our website [befitnesscenter.com](http://befitnesscenter.com).