**MONDAY**

5:15 – 6:15 AM BODYPUMP Allen Group Ex

8:00 – 9:00 AM Cycle Vicki Cycling

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

12:15 – 12:45 PM SPRINT Kelly Cycling

4:30 – 5:30 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 Power Yoga Katie Mind/Body

**TUESDAY**

5:15 – 5:45 AM CXWORX 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 Jim Mind/Body

9:00 – 9:30 AM CXWORX 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 Jim Mind/Body

4:30 – 5:15 PM BODYFLOW EX Theresa Mind/Body

5:00 – 5:30 PM CXWORX Kim Group Ex

5:30 – 6:30 PM Vinyasa Yoga Jim Mind/Body

5:30 – 6:30 PM BODYCOMBAT Kim Group Ex

**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

9:15 – 10:15 AM Vinyasa Flow Katie Mind/Body

10:00 – 10:45 AM Bootcamp Tami Turf

4:45 – 5:15 PM SPRINT Becky Cycling

5:30 – 6:30 PM BODYPUMP Becky Group Ex

6:45 – 7:45 PM BODYFLOW Becky Mind/Body

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

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

**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

9:00 – 9:30 AM CXWORX Becky Group Ex

9:00 – 10:00 AM Vinyasa Yoga Jim Mind/Body

9:30 – 10:30 AM BODYCOMBAT Becky Group Ex

4:30 – 5:15 PM BODYFLOW EX Nikki Mind/Body

5:30 – 6:30 PM Vinyasa Yoga Jim Mind/Body

5:30 – 6:00 PM SPRINT Nikki Cycling

**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 Jane Mind/Body

10:00 – 10:45 AM Bootcamp Laure Turf

11:00 – 11:45 AM 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 – 9:00 AM RPM Kelly Cycling

8:15 – 9:15 AM BODYCOMBAT Alyssa Group Ex

9:15 – 10:15 AM Power Yoga Jim Mind/Body

9:30 – 10:30 AM BODYPUMP Jennifer Group Ex

**SUNDAY**

9:30 – 10:30 AM Vinyasa Yoga Jim Mind/Body

