

Live Group Exercise Class Schedule

September 2020

Indoor class Outdoor class

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|--|--|
| 5:30 - 6:20 am Boot Camp Live! Karin Parking Lot/Tent | 8 - 8:55 am New Zumba Live! Suzanne Parking Lot/Tent | 9 - 10 am New TBC Live! Debra Parking Lot/Tent | 5:30 - 6:20 am Boot Camp Live! Karin Parking Lot/Tent | 8:15 - 9:10 am TBC Live! Suzanne Group Ex Studio | 7 - 8 am New Boot Camp Live! Mario Z Parking Lot/Tent | 8:15 - 9:15 am Power Cycle Ivan Sport Perf Studio |
| | 10:30 - 11:30 am Outdoor Yoga Stephanie Parking Lot/Tent | | 8 - 8:55 am New Zumba Live! Suzanne Parking Lot/Tent | 8:15 - 9:15 am Power Cycle Ivan Sport Perf Studio | 8:15 - 9:15 am New Hatha Yoga Tika Group Ex Studio | 8:30 - 9:20 am Zumba Live! Kelly R Parking Lot/Tent |
| | | | 10:30 - 11:30 am Outdoor Yoga Lisa Devi Parking Lot/Tent | | 8:30 - 9:25 am Strength Intervals Debra Parking Lot/Tent | 10:15 - 11:10 am New Pilates Live! Nicole Group Ex Studio |
| | | | | | 9:45 - 10:45 am Zumba Live! Kay Parking Lot/Tent | |

To reserve a spot in a live group ex class, go to bgfitness.org and click on **Group Exercise Reservations**.

Live class reservations opens 7 days before class and closes 30 minutes before class start time. Spaces are limited. In case of inclement weather, an e-mail will be sent to registered class participants.