



Virtual Group Exercise Class Schedule

September 2020

Group Exercise  Mind/Body 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 am Yoga Stephanie	8:30 - 9:15 am Hatha Yoga Lisa Devi	8 - 8:45 am Yoga Jenay New	8:30 - 9:15 am Hatha Yoga Stephanie New	7:30 - 8:15 am Strength Basics Wendy	9 - 9:45 am Body Sculpt Pam
9:30 - 10:15 am Strength Basics Wendy	9:30 - 10:15 am Cardio Drumming Suzanne	9 - 9:45 am Barre Basics Debbie W	9:30 - 10:15 am Dance & Tone Suzanne	8:30 - 9:15 am Yoga Flow Tika	10 - 10:45 am Tai Chi Pam
10:30 - 11:15 am Chair Fitness Georgette New	10:30 - 11:45 am TBC Susan New	10 - 10:45 am Mat Pilates Wendy	10:30 - 11:15 am Chair Fitness Georgette New	9:30 - 10:15 am Cardio Drumming Suzanne	11 am - 12 pm Hatha Yoga Stephanie
5 - 5:45 pm Mat Pilates Nicole	11:30 am - 12:15 pm Senior Fitness Siobhan New	11 - 11:45 am HIIT Felicia	5 - 5:45 pm Jui Jitsu Basics Joe New	10:30 - 11:15 am TBC Kelly R	
6 - 6:45 pm Barre Body Debra	6 - 6:45 pm Core Jenay	6 - 6:45 pm Barre Body Debra	6 - 6:45 pm Core Jenay	11:30 am - 12:15 pm Flexibility Plus Core Siobhan New	9 - 9:45 am Mat Pilates Nicole
7 - 8 pm Yoga Flow Bernie	7 - 8 pm Yoga Flow Dawn New	7 - 8 pm Yoga Flow Lisa Devi New	7 - 8 pm Power Yoga Flow Dawn New	5 - 6 pm Yoga Jenay	10 - 10:45 am All Levels Yoga Dawn
					Sunday
					9 - 9:45 am Mat Pilates Nicole
					10 - 10:45 am All Levels Yoga Dawn
					11 - 11:45 am HIIT Felicia

To reserve a spot in a virtual group ex class, go to bgfitness.org and click on **Group Exercise Reservations**. Virtual class reservations open 2 weeks before class and close 15 minutes before class start time.