

Group Fitness Class Schedule (Oct 5 - Nov 29) SUBJECT TO CHANGE due to COVID-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Group Ride 60m Lyn Cycle Studio		*Cardio, Core, & More* Lyn-ONLINE & at BWC Mind / Body Studio		Group Ride 60m Lyn Cycle Studio		
8:15	Step 60m Debra Group Fitness Studio	BARRE 60m Rachel Mind / Body Studio	Step 60m Debra Group Fitness Studio	Freestyle 45m Debra Cycle Studio	ZUMBA 60m Antonio Group Fitness Studio	ZUMBA 60m Antonio Group Fitness Studio	
9:15	Group Centergy 60m Laura Mind / Body Studio	Group Power 60m Cindy Group Fitness Studio	Group Centergy 60m Cindy Mind / Body Studio	Group Power 60m Cindy Group Fitness Studio		Group Ride 60m Debra Cycle Studio	
10:15	*Yoga* Pat - ONLINE			*Yoga* Pat - ONLINE		Group Power 60m Sophia Group Fitness Studio	
11:15	Senior Yoga 45m Tomoko Mind / Body Studio		Senior Yoga 45m Tomoko Mind / Body Studio		Senior Yoga 45m Tomoko Mind / Body Studio	*Yoga* Pat - ONLINE	
1:00							Group Power 60m Karyn Group Fitness Studio
2:00							Group Centergy 60m Dena - Live stream / BWC Mind / Body Studio
3:00							Cardio Dance 60m Natalia Group Fitness Studio
4:30		Group Centergy 60m Lyn-Livestream/BWC Mind / Body Studio			TABATA 60m Pam Group Fitness Studio		
5:15	Flow Yoga 60m Karyn Mind / Body Studio			Flow Yoga 60m Karyn Mind / Body Studio			
5:30	Group Power 60m Sophia Group Fitness Studio	Group Ride 60m Dena Cycle Studio	Group Power 60m Karyn Group Fitness Studio	Group Ride 60m Pam Cycle Studio			
6:30	Group Centergy 60m Dena - Livestream / BWC Mind / Body Studio	Cardio Dance 60m Jenny Group Fitness Studio	Group Centergy 60m Laura Mind / Body Studio	Cardio Dance 60m Natalia Group Fitness Studio			

Bradley Wellness Center

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