

Mind / Body Class SCHEDULE (January 4 - 31) 2021 VIRTUAL and at BWC

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30			Cardio, Core, & More Lyn - LIVE & Posted				
8:15		TABATA 60m Sophia		TABATA 60m Sophia			
9:15	Group Centergy 60m Laura - LIVE		Group Centergy 60m Cindy - LIVE		Group Centergy 60m Laura - LIVE		
10:15		Pat on the Mat Filmed & Posted - AT HOME (Yin)		Pat on the Mat Filmed & Posted - AT HOME (Hatha)		Pat on the Mat Filmed & Posted - AT HOME (Flow)	
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		
3:00							Group Centergy Dena - LIVE
4:30		Group Centergy 60m Lyn - LIVE					
5:15	Flow Yoga 60m Karyn			Heated Yoga 60m Karyn			
6:30	Group Centergy 60m Dena - LIVE		Group Centergy 60m Laura - LIVE				

POOL CLASS SCHEDULE (January 4 - 31) 2021 Subject to change due to COVID-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		Liquid Fitness 60m Antonio		Liquid Fitness 60m Antonio			
9:00	Arthritis Aquatics 45m Jeremy		Arthritis Aquatics 45m Jeremy		Arthritis Aquatics 45m Jeremy		
11:00	Arthritis Aquatics 45m Joel		Arthritis Aquatics 45m Joel		Arthritis Aquatics 45m Joel		
5:30		Liquid Fitness 60m Rachel		Liquid Fitness 60m Karen / Tammy			

Group Fitness Studio Class Schedule (January 4 - 31) 2021 Subject to change due to COVID-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15	Step 60m Debra		Step 60m Debra		ZUMBA 60m Antonio	ZUMBA 60m Antonio	
9:15		Group Power 60m Cindy		Group Power 60m Cindy			
10:15						Group Power 60m Sophia	
2:00							Group Power 60m Karyn
4:30					Group Power 60m Pam		
5:30	Group Power 60m Pam		Group Power 60m Karyn				
6:30		Cardio Dance 60m Jenny		Cardio Dance 60m Natalia			

CYCLE Class Schedule (January 4 - 31) 2021 SUBJECT TO CHANGE due to COVID-19

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Group Ride 60m Lyn				Group Ride 60m Lyn		
8:15				Freestyle 60m Debra			
9:15						Group Ride 60m Liana	
1:00							Group Ride 60m Emad
5:30		Group Ride 60m Dena		Group Ride 60m Pam			