

Fitness Class Schedule | October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM Spin Light Rise & Shine Express - Amanda	5:00 AM Circuit - Amanda	8:00 AM Triple Fit - Jamie	8.30 AM Body Strength, Cardio & Conditioning - Keri	6:00 AM Road Spin Express - Amanda	9:15 AM Slide into Spin - Sheryl
8:00 AM Body Fusion - Sheryl	8:00 AM Strength, Cardio & Core - Janie	9:15 AM Slow Flow Yoga - Virginia	9:30 AM Circl Mobility® - Katie	8:00 AM Triple Fit - Jamie	9:15 AM TRX or Barre (Check BCCC App)
9:30 AM Turn it Up Spin - Stephanie	9:15 AM Gentle Stretch - Virginia	9:30 AM Turn it Up Spin - Stephanie	12:00 PM Barre - Keri	9:15 AM Body Sculpt - Mary	
10:45 AM Vinyasa Yoga - Marie	10:30 AM Body Sculpt - Mary	10:30 AM HITT Express - Keri		10:30 AM Yogalaties - Katie	
12:00 PM Chair Yoga Express - Marie	12:00 PM Barre - Amanda				



BEAU CHÊNE
country club

**** Be sure to sign up for all classes in the BCCC App**