

Fitness Class Schedule | September 2024

MONDAY

5:30 AM

Spin Light Rise & Shine Express - Amanda

8:00 AM

Aqua Fit - Katie

8:30 AM

Power Pump - Priestley

9:30 AM

Turn it Up Spin - Stephanie

10:45 AM

Vinyasa Yoga - Marie

12:00 PM

Chair Yoga Express - Marie

TUESDAY

5:00 AM

Circuit - Amanda

8:00 AM

Strength, Cardio & Core - Janie

9:15 AM

Gentle Stretch - Virginia

10:30 AM

Body Sculpt - Mary

12:00 PM

Barre - Amanda

WEDNESDAY

8:00 AM

Triple Fit - Jamie

8:00 AM

Aqua Fit - Katie

9:15 AM

Slow Flow Yoga - Virginia

9:30 AM

Turn it Up Spin - Stephanie

THURSDAY

8:00 AM

Aqua Fit - Katie

8:30 AM

Power Pump - Priestley

9:30 AM

Circl Mobility® - Katie

10:30 AM

HITT Express - Keri

12:00 PM

Barre - Keri

FRIDAY

6:00 AM

Road Spin Express - Amanda

8:00 AM

Triple Fit - Jamie

9:15 AM

Body Sculpt - Mary

10:30 AM

Yogalaties - Katie

SATURDAY

8:00 AM

Aqua Fit - Katie

9:15 AM

Slide into Spin - Sheryl

9:15 AM

TRX or Barre (Check BCCC App)



BEAU CHÊNE
country club

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