

GROUP EXERCISE SCHEDULE

January 2023

MONDAY

5:15 – 6:15 AM	BODYPUMP	Allen	Group Ex
9:00 – 10:00 AM	Barre Fusion	Melissa	Mind/Body
9:00 – 10:00 AM	BODYPUMP	Becky	Group Ex
10:15 – 11:15 AM	BODYBALANCE	Becky	Mind/Body
4:30 – 5:20 PM	Barre	Peggy	Mind/Body
4:45 – 5:15 PM	SPRINT	Alyssa	Cycling
5:30 – 6:30 PM	BODYPUMP	Dane	Group Ex
6:45 – 7:45 PM	BODYBALANCE	Theresa	Mind/Body

TUESDAY

5:15 – 5:45 AM	Les Mills CORE	BethAnn	Group Ex
5:45 – 6:15 AM	GRIT	BethAnn	Group Ex
5:45 – 6:30 AM	RPM	Alyssa	Cycling
7:00 – 8:00 AM	Barre	Liza	Mind/Body
8:00 – 9:00 AM	Bootcamp	Tami	Turf
9:00 – 10:00 AM	Vinyasa Yoga	Katie	Mind/Body
9:00 – 9:30 AM	Core & More	Jenn	Group Ex
9:30 – 10:30 AM	BODYCOMBAT	Jenn	Group Ex
9:30 – 10:15 AM	RPM	Kelly	Cycling
10:15 – 11:15 AM	Gentle Yoga	Katie	Mind/Body
5:00 – 6:00 PM	Cycle Circuit	Jessica	Cycling
5:00 – 5:30 PM	Les Mills CORE	Kim	Group Ex
5:30 – 6:15 PM	BODYCOMBAT EX	Kim	Group Ex

WEDNESDAY

5:15 – 6:15 AM	BODYCOMBAT	Kim	Group Ex
8:00 – 9:00 AM	Barre	Melissa	Mind/Body
9:00 – 10:00 AM	BODYPUMP	Jenn	Group Ex
10:15 – 11:15 AM	BODYBALANCE	Kelly	Mind/Body
4:30 – 5:20 PM	Barre	Tiffeny	Mind/Body
4:45 – 5:15 PM	SPRINT	Savannah	Cycling
5:30 – 6:30 PM	BODYPUMP	Becky	Group Ex
6:45 – 7:45 PM	BODYBALANCE	Becky	Mind/Body

THURSDAY

5:15 – 6:00 AM	RPM	Alyssa	Cycling
7:00 – 8:00 AM	Barre	Peggy	Mind/Body
8:00 – 9:00 AM	Bootcamp	Tami	Turf
9:00 – 9:30 AM	Les Mills CORE	Angela	Group Ex
9:00 – 10:00 AM	Vinyasa Yoga	Linda	Mind/Body
9:30 – 10:30 AM	BODYCOMBAT	Jenn	Group Ex
9:30 – 10:15 AM	RPM	Kelly	Cycling
10:15 – 11:15 AM	Gentle Yoga	Linda	Mind/Body
5:00 – 6:00 PM	Cycle Circuit	Jessica	Cycling

FRIDAY

5:15 – 6:15 AM	BODYPUMP	Kim	Group Ex
8:15 – 8:45 AM	SPRINT	Kelly	Cycling
9:00 – 10:00 AM	BODYPUMP	Jenn	Group Ex
9:00 – 10:00 AM	Gentle Yoga	Alecia	Mind/Body
10:15 – 11:15 AM	Barre Fusion	Hannah	Mind/Body

SATURDAY

7:30 – 8:00 AM	GRIT	Stephanie	Group Ex
8:15 – 9:15 AM	BODYCOMBAT	Alyssa	Group Ex
8:15 – 9:15 AM	Cycling	Rotation	Group Ex
9:15 – 10:15 AM	BODYBALANCE	Theresa	Mind/Body
9:30 – 10:30 AM	BODYPUMP	Katherine	Group Ex

SUNDAY

8:30 – 9:15 AM	Barre	Rotation	Mind/Body
9:30 – 10:30 AM	Yoga	Rotation	Mind/Body
9:30 – 10:15 AM	Cycle	Liza	Cycling

Our instructors will guide you through a safe and effective workout along your fitness journey. All ages and fitness stages welcome!

Sign up on the be FITNESS APP for the class you want to take, this will reserve your spot! You can sign up 24 hours in advance for a class on the APP and if something comes up and you can no longer attend, you can cancel up to 30 minutes before class starts.

For any group class needs, please contact Jenn (Group Fitness Manager) at jenn@befitnesscenter.com. Classes and class descriptions can be found on the be FITNESS app.



FITNESS