



BHRC GROUP FITNESS

JULY SCHEDULE



GROUP FITNESS

WATER FITNESS

MONDAY

6-7:00AM — WOD+STRETCH/SCULPT
7:30-8:30AM — POWER YOGA
9-10:00AM — YOGA
3:45-4:15PM — CORE
4:30-5:15PM — SPIN
5:30-6:00PM — STRONG 30

8:30-9:30AM — WATER FITNESS
9:30-10:30AM — WATER FITNESS
5:30-6:30PM — WATER FITNESS

TUESDAY

5:50-6:40AM — SPIN
7:30-8:30AM — SLOW FLOW YOGA
10-11:00AM — SPIN
5:35-6:35PM — BODY COMBAT

9:30-10:30AM — WATER YOGA
6-7:30PM — MASTERS SWIM

WEDNESDAY

6-7:00AM — WOD+STRETCH/SCULPT
7:30-8:30AM — POWER YOGA
9-10:00AM — YOGALATES.
10:15-11:15AM — TAI CHI/CHI GONG
5:30-6:30PM — YOGA

8:30-9:30AM — WATER FITNESS
9:30-10:30AM — WATER FITNESS
5:30-6:30PM — WATER FITNESS

THURSDAY

5:50-6:40AM — SPIN
7:30-8:30AM — SLOW FLOW YOGA
9-10:00AM — BARRE+WEIGHTS
10-11:00AM — SPIN
5:35-6:35PM — BODY COMBAT

9:30-10:30AM — WATER FITNESS
6-7:30PM — MASTERS SWIM

FRIDAY

6-7:00AM — WOD+STRETCH/SCULPT
7:30-8:30AM — POWER YOGA
10:15-11:15AM — KUNG FU

8:30-9:30AM — WATER FITNESS
9:30-10:30AM — WATER FITNESS

SATURDAY

9-10:00AM — ZUMBA
10-11:00AM — SPIN