BTSS GROUP FITNESS SCHEDULE ZOOM OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	S.G.P.T. 7:30 - 8:30 (MB)		S.G.P.T. 7:30 - 8:30 (MB)		
					YOGA FOR WELL BEING 8:30 - 9:30 (KL)
CARDIO PARTY & CORE 9:00-10:00 (MB)	CARDIO CORE CONDITIONING 9-10 AM (DE)	STRENGTH & BALANCE (*LEVEL 2)* 9-10 (MB)	CARDIO DANCE PARTY 9:00 - 10:00 (MB)	STRENGTH & BALANCE (*LEVEL 2)* 9:00 - 10:00 (MB)	SATURDAY SAMPLER 9-10 AM (MB)
CARDIO STRENGTH & BALANCE 2 10:30-11:15 AM (RJ)	GENTLE MOVES YOGA (*LEVEL 2)* 10:15 - 11:15 (MB)		GENTLE MOVES YOGA 10:15 - 11:15 (MB)	MINDFUL MOVEMENT PILATES 10:15 - 11:15 (AK)	
CHAIR YOGA 11:30 - 12:30 (DT)	BLENDED YOGA 11:30-12:30 (JC)	TAI CHI CONTINUING 10:30-11:15 AM (HW)	BLENDED YOGA 11:30 - 12:30 (JC)	MINDFUL MEDITATION 11:30 - 12:00 (MB)	
BARRE BALANCE 12:45 - 1:30 (DT)	CARDIO STRENGTH & BALANCE 1 12:45-1:30(RJ)	AGELESS YOGA 11:30 - 12:30 (KL)	CARDIO STRENGTH & BALANCE 1 12:45-1:30(RJ)		
		BARRE BALANCE 12:45 - 1:30 (DT)		S.G.P.T. 2:00-3:00 PM (LOLA)	
		S.G.P.T. 2:00 - 3:00 (LOLA)			
	1 ON 1 PFT 3:00-4:00 PM (LF)	HIIT BURSTS 3:15-4:00 (MB)			
PILATES, STRENGTH & BALANCE 4:15 - 5:15 (KO)	MINDFUL MOVEMENT PILATES 4:00-5:00 (AK)				
ZUMBA 5:30-6:15 PM (MAP)		ZUMBA 5:30-6:15 PM (MAP)	PILATES, STRENGTH & BALANCE 5:00 - 6:00 (KO)		

Pre-registration required! Please see newsletter for class descriptions & more details. Questions about a class?
Contact our Fitness Coordinator Maggie Barclay at mbarclay@bloomfieldtwp.org or call 248-723-3500