

BTSS GROUP FITNESS SCHEDULE -WINTER (DEC / JAN / FEB)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STRENGTH & BALANCE = H (LEVEL 1) 8:00-8:45 (AD)	S.G.P.T. = L 7:30-8:30 (JS)	LOWER BODY EXPRESS =L 7:15-7:45 (JS)	S.G.P.T. = L 7:30-8:30 (JS)	TRX Express =L 8:15-8:45 (AD)
LABLAST DANCE FITNESS --+ABS= L 9:00-10:00 (DT)	CARDIO, CORE & CONDITIONING = L 9:00-10:00 (DE)	TRX Express=L 8:15-8:45 (AD)	Zumba + Zumba Toning = L 9:00-10:00 (TF)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (LF)
BARRE BALANCE = L 10:30-11:15 (DT)	GENTLE MOVES YOGA (LEVEL 2) = H 10:15-11:15 (JV)	STRENGTH & BALANCE (LEVEL 2) = H 9:00-10:00 (AD)	GENTLE MOVES YOGA = H 10:15-11:15 (LM)	MINDFUL MOVEMENT PILATES = L 10:15-11:15 (AK)
CHAIR YOGA = H 11:30-12:30 (DT)	BARRE BALANCE =L 11:30-12:15 (EB)	TAI CHI CONTINUING = L 10:30-11:15 (HW)	CORE CONDITIONING = H 11:30-12:15 (LM)	S.G.P.T. = L 11:30-12:30 (LF)
DRUM HAPPY= L 1:00-1:45 (MP)	GENTLE STRETCH = H 12:30-1:00 (EB)	AGELESS YOGA = L 11:30-12:20 (KL)	S.E.A.T. = L 12:30-1:15 (LM)	CHAIR YOGA = H 12:45-1:30 (JV)
TAI CHI BEGINNING=L 2:00-3:00 (HM)	S.E.A.T. = H 1:30-2:15 (EB)	BARRE BALANCE = L 12:45-1:30 (DT)	PILATES FUSION = H 1:30-2:15 (JV)	MINDUL MEDITATION = H 1:45-2:15 (JV)
		BALANCE & STABILITY = H 1:45-2:45 (AD)	V = VIRTUAL ONLY H = HYBRID L = LIVE ONLY	
ZUMBA/LABLAST®= V 5:15-6:00 (MP)		ZUMBA/LABLAST® = V 5:15-6:00 (MP)		
				AD 11/11/25

G, PLEASE CARRY IN (DO NOT WEAR IN) YOUR CLEAN WORKOUT SHOES.