



BBAC GROUP EXERCISE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 AM		GRIT KAYLA			
6:00 AM	BODYPUMP KEVIN	BODYCOMBAT APRIL & KATE	POWER HOUR ROBBIE	BODYPUMP KEVIN	BODYFLOW BECCA
4:00 PM	BODYFLOW BECCA				
4:30 PM				GRIT HOLLY & MEG	
5:00 PM			BODYATTACK HOLLY		
5:15 PM	BODYATTACK HOLLY	TONE JULIE		SH'BAM JULIE	
6:00 PM			SPRINT APRIL & KATE		

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TIME	SATURDAY	SUNDAY
7:00 AM	BODYPUMP KEVIN	
7:30 AM		SPRINT APRIL & KATE
8:15 AM	BODYCOMBAT BRIAN	TONE JULIE
9:30 AM	BECCA YOGA	GRIT BRADLEY, HOLLY, MEG, & KAYLA
4:00 PM		RPM APRIL & KATE