



## BBAC GROUP EXERCISE SCHEDULE

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

**LES MILLS**

TIME	SATURDAY	SUNDAY
7:00 AM	BODYPUMP KEVIN	
8:15 AM	BODYCOMBAT BRIAN	TONE JULIE
9:30 AM	YOGA BECCA	

