

# Fitness Class Schedule | APRIL 2024

## MONDAY

5:30 AM

Spin Light Rise & Shine Express - Amanda

8:30 AM

Total Body Strength - Gretchen

9:30 AM

Turn it Up Spin - Stephanie

9:30 AM

Ultimate X - Mary

10:45 AM

Vinyasa Yoga - Marie

12:00 PM

Chair Yoga Express - Marie

## TUESDAY

5:00 AM

Circuit Strength - Amanda

8:00 AM

Circuit Strength - Jamie

9:15 AM

Gentle Stretch - Tara

10:30 AM

Body Sculpt - Mary

12:00 PM

Barre - Amanda

## WEDNESDAY

8:00 AM

Triple Fit - Jamie

9:15 AM

Slow Flow Yoga - Virginia

9:30 AM

Turn it Up Spin - Stephanie

10:30 AM

Gym Circuit Intervals- Mary

## THURSDAY

5:00 AM

Power Pump - Amanda

8:30 AM

Circuit Strength - Mary

9:30 AM

Circl Mobility® - Katie

12:00 PM

Barre - Rebekkah

## FRIDAY

6:00 AM

Road Spin Express - Amanda

8:00 AM

Triple Fit - Jamie

9:15 AM

Body Sculpt - Mary

10:30 AM

Yogalaties - Katie

## SATURDAY

9:15 AM

Slide into Spin - Sheryl

9:15 AM

TRX or Barre (Check BCCC App)



**BEAU CHÊNE**  
country club

**\*\* Be sure to sign up for all classes in the BCCC App**