



BETHANY
ATHLETIC CLUB

SUMMER

GROUP X CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BODYPUMP 5:30AM - 6:25AM Kari		BODYPUMP 5:30AM - 6:25AM Kari	Cardio Extreme 5:30AM - 6:25AM Michele		
			BAC Strength Express (30) 6:35AM - 7:05AM Patrick			
Fitness Basics 8:15AM - 9:10AM Helena	Body Shape 8:15AM - 9:10AM Sierra	Fitness Basics 8:15AM - 9:10AM Helena	Body Shape 8:15AM - 9:10AM Sierra	Fitness Basics 8:15AM - 9:10AM Helena	BODYPUMP 8:00AM - 8:55AM Mallory	Body Combat 8:15AM - 9:10AM Christine
BODYCOMBAT™: 9:15AM - 10:10AM Christine	Cardio Sculpt 9:15AM - 10:10AM Sierra	Cardio HIIT 9:15AM - 10:10AM Michele	Cardio Sculpt 9:15AM - 10:10AM Sierra	BODYPUMP 9:15AM - 10:10AM Diane	Run BAC Run! 9:00AM - 9:55AM Mike (meet @ front desk)	Cardio Extreme 9:30AM - 10:25AM Sierra
Balance & Strength 10:30AM - 11:25AM Sally	TRX Circuit 9:30AM - 10:25AM Diane (BC)	Ab Lab 10:10AM - 10:25AM Michele	TRX Circuit 9:30AM - 10:25AM Diane (BC)	TRX Circuit 9:15AM - 10:10AM Michele (BC)	UJAM 9:00AM - 9:55AM Nisi	
BODYPUMP 12:00PM - 12:55PM Diane	Ab Lab 10:15AM - 10:30AM Sierra	Balance & Strength 10:30AM - 11:25AM Sally	Ab Lab 10:15AM - 10:30AM Sierra	F.I.T Cardio 10:30AM - 11:00AM Michelle (GX)	ZUMBA toning / Zumba Blend 10:00AM - 11:25AM Tami/Natalia	
	Walk and Strength Circuits 10:30AM - 11:25AM Sally (BC)		Power Mat Pilates 10:30AM - 11:25AM Sierra	F.I.T Strength 11:00AM - 11:30AM Michelle (GX)		
	Power Mat Pilates 10:30AM - 11:25AM Sierra	BODYPUMP 12:00PM - 12:55PM Staff	ZUMBA toning 12:00PM - 12:55PM Tami	ZUMBA fitness 12:00PM - 12:55PM Bu		
	ZUMBA fitness 12:00PM - 12:55PM Natalia	Tai Chi 1:05PM - 2:00PM Jamie				
ZUMBA fitness 5:15PM - 6:10PM Bu	ZUMBA fitness 1:00PM - 1:45PM Natalia (GX)					
BODYPUMP 6:15PM - 7:10PM Mallory	Happy Hour Cardio (90) 5:00PM - 6:25PM Michelle	Cardio Sculpt 5:15PM - 6:10PM Sierra	Happy Hour Cardio (55) 5:30PM - 6:25PM Helena			Tai Chi 5:00PM - 5:55PM Jamie
BOLLY The Bollywood Workout 7:15pm-8:10pm Anagha	ZUMBA fitness 6:35PM - 7:30PM Sylvia	PT Strength! Intro to PT 6:15PM - 7:10PM Austin	ZUMBA fitness 6:35PM - 7:30PM Bu	Hip Hop 101 6:00PM-6:55PM Vilay		ZUMBA fitness 6:15PM - 7:10PM Bu
ZUMBA fitness 8:15PM - 9:10PM Sylvia	RESERVED FOR KARATE 8:00PM - 9:00PM FEE BASED CLASS	BOLLY The Bollywood Workout 7:30PM - 8:25PM Anagha	RESERVED FOR KARATE 8:00PM - 9:00PM FEE BASED CLASS			ALL CLASSES ARE IN THE GROUP X STUDIO UNLESS INDICATED TO BE IN THE BASKETBALL COURT.