

bp fitness

Group Fitness Schedule

Westlake One Fitness Center
January 5 – March 6

Open to all levels! New to Group Fitness? Book an orientation session in-person or online or private/small group training appointment with edie.garcia-gutierrez@bp.com.

For more information, please visit <http://bpfitnesscenter.net/groupfitness>

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Cycle 5:45am-6:30am with Bill Cycle Studio Add to Calendar	Boot Camp 5:45am-6:30am with Kathi Studio A Add to Calendar		
Afternoon	Total Body Blast 11:15am – 12:00pm with Karleigh Studio A & Virtual Add to Calendar	Pilates 11:15am – 12:00pm with Kirie Studio A & Virtual Add to Calendar	Step N Sculpt 11:15am – 11:55am with Kathi Studio A Add to Calendar	Power Express 11:15am – 12:00pm with Stephen Studio A & Virtual Add to Calendar	
	Yoga with Props 12:05pm – 12:50pm with Amy Studio A & Virtual Add to Calendar	TRX® 12:05pm – 12:35pm with Kirie Studio A Add to Calendar	Cycle 11:30am – 12:15pm with Jiji Cycle Studio Add to Calendar	Stretch & Mobility 12:05pm – 12:50pm with Cindy Studio A & Virtual Add to Calendar	Yoga Flow 12:00pm – 12:45pm with Cindy Studio A & Virtual Add to Calendar
		Stretch & Relax 2:00pm – 2:10pm with Edie Virtual Only Add to Calendar	Yoga Flow 12:05pm – 12:50pm with Amy Studio A Add to Calendar	Stretch & Relax 2:00pm – 2:10pm with Edie Virtual Only Add to Calendar	
Evening	Barre 4:15pm – 4:55pm with Edie Studio A Add to Calendar	Arms & Abs 4:15pm – 4:45pm with Edie Studio A Add to Calendar	Muscle Sculpt 4:15pm – 5:00pm with Edie Studio A Add to Calendar	Pilates 4:15pm – 5:00pm with Kathi Studio A Add to Calendar	
	Hatha Yoga 5:00pm – 6:00pm with Mayra Studio A Add to Calendar	Zumba® 5:00pm – 5:45pm with Edie Studio A Add to Calendar			

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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Afternoon	Barre 11:00am – 11:45pm with Kirie Studio & Virtual Add to Calendar	Bootcamp 11:15am – 12:00pm with Stephen Studio Add to Calendar	Body Sculpt 11:15am – 12:00pm with Betti Studio & Virtual Add to Calendar	Pilates Fusion 11:15am – 12:00pm with Kirie Studio A & Virtual Add to Calendar	Stretch & Mobility 11:15am – 12:50pm with Kirie Studio A & Virtual Add to Calendar
		Stretch & Relax 2:00pm – 2:10pm with Edie Virtual Only Add to Calendar	Yoga 12:05pm – 12:50pm with Kirie Studio & Virtual Add to Calendar	Stretch & Relax 2:00pm – 2:10pm with Edie Virtual Only Add to Calendar	
Evening			Urban Line Dancing 4:30pm – 5:15pm with Natasha Studio Add to Calendar		
					