

bp fitness

Group Fitness Schedule

Westlake One Fitness Center

September 14 – November 20

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 Bill Cycle Studio Add to Calendar			
Afternoon	Total Body Blast 11:15am – 12:00pm Karleigh Studio A & Virtual Add to Calendar	Pilates 11:15am – 12:00pm Kirie Studio A & Virtual Add to Calendar	Bootcamp 11:15am – 12:00pm Karleigh Studio A Add to Calendar	Power Express 11:15am – 12:00pm Stephen Studio A & Virtual Add to Calendar	
	Yoga with Props 12:05pm – 12:50pm Amy Studio A & Virtual Add to Calendar	TRX® 12:05pm – 12:35pm Kirie Studio A Add to Calendar	Cycle 11:30am – 12:15pm Jiji Cycle Studio Add to Calendar	Stretch & Mobility 12:05pm – 12:50pm Cindy Studio A & Virtual Add to Calendar	Yoga Flow 12:00pm – 12:45pm Cindy Studio A & Virtual Add to Calendar
		Stretch & Relax 3:00pm – 3:10pm Edie Virtual Only Add to Calendar	Yoga Flow 12:05pm – 12:50pm Cindy Studio A Add to Calendar	Stretch & Relax 3:00pm – 3:10pm Edie Virtual Only Add to Calendar	
Evening		Kick, Core & More 4:15pm – 5:00pm Edie Studio A Add to Calendar	Barbell Strength 4:15pm – 5:00pm Edie Studio A Add to Calendar	Pilates 4:15pm – 5:00pm Kathi Studio A Add to Calendar	
		Hatha Yoga 5:05pm – 6:05pm Hemali Studio A Add to Calendar	Hatha Yoga 5:05pm – 6:05pm Mayra Studio A Add to Calendar		

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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Afternoon	Barre Fusion 11:00am – 11:45pm Kirie Studio & Virtual Add to Calendar	Bootcamp 11:15am – 12:00pm Stephen Studio Only Add to Calendar	15/15/15 11:15am – 12:00pm Betti Studio & Virtual Add to Calendar	Pilates Fusion 11:15am – 12:00pm Kirie Studio & Virtual Add to Calendar	Stretch & Mobility 11:15am – 12:00pm Kirie Studio & Virtual Add to Calendar
			Yoga 12:05pm – 12:50pm Kirie Studio & Virtual Add to Calendar		
		Stretch & Relax 3:00pm – 3:10pm Edie Virtual Only Add to Calendar		Stretch & Relax 3:00pm – 3:10pm Edie Virtual Only Add to Calendar	
Evening			Urban Line Dancing 4:30pm – 5:15pm Natasha Studio Only Add to Calendar		
					