

# BJC HEALTH VIRTUAL GROUP EXERCISE

## WEEK OF JANUARY 10TH

	MON	TUE	WED	THU	FRI	SAT
6:30 AM			MOVE STRONG Brenda		MOVE STRONG Brenda	
7:30 AM	MOVE STRONG Brenda	PILATES (B) Chantal	MOVE FIT Brenda	MOVE STRONG Robyn	MOVE FIT Brenda	
08:00 AM						PILATES (B) Chantal
08:30 AM			YOGA (B) Rhianne			
09:00 AM		MOVE FREE (B) Joy				MOVE STRONG Robyn
09:45 AM						MOVE FREE (B) Robyn
10:00 AM	MOVE FREE (B) Paul	MOVE STEADY (B) Joy	MOVE STEADY (B) Paul	MOVE STEADY (B) Robyn	MOVE FREE (B) Sarah	
10:30 AM	MOVE STRONG (B) Paul	MOVE STRONG (B) Robyn	MOVE FIT (B) Paul	MOVE FREE (B) Robyn	MOVE STRONG (B) Sarah	
12:00 PM					PILATES (B) Chantal	
5:30 PM	MOVE STRONG Sarah	MOVE FIT Robyn	MOVE STRONG Chantal	PILATES (B) Chantal		
6:15 PM	DANCE MOVES (B) Sarah	MOVE STRONG (B) Robyn	MOVE FREE (B) Chantal	MOVE STRONG (B) Chantal		
7:30 PM	YOGA (B) Rhianne		YOGA (B) Rhianne			