

BJC HEALTH VIRTUAL GROUP EXERCISE

WEEK OF NOVEMBER 22ND

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

