















# Spring 2020

## BJC Health Virtual Group Exercise

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30 AM	MOVE STRONG Sarah	MOVE FIT Robyn	MOVE FREE Robyn 	MOVE STRONG Robyn	MOVE FIT Sarah	MOVE FIT Sarah	
9:00 AM		MOVE FREE Robyn 		MOVE FREE Robyn 		MOVE STRONG Sarah	
9:45 AM						MOVE FREE Sarah 	
10:00 AM	MOVE FREE Sarah 				MOVE FREE Sarah 		
10:30 AM	MOVE STRONG Sarah 	MOVE STEADY Robyn 	MOVE STRONG Robyn 	MOVE STEADY Robyn 	MOVE STRONG Sarah 		
<b>Midday Break</b>							
5:30 PM	MOVE STRONG Sarah	MOVE FIT Robyn	MOVE STRONG Robyn	MOVE STRONG Robyn			
6:15 PM	MOVE FREE Sarah 	MOVE STRONG Robyn 	MOVE FREE Robyn 				

 **Beginner**