

BJC HEALTH VIRTUAL GROUP EXERCISE

WEEK OF APRIL 12TH

	MON	TUE	WED	THU	FRI	SAT	SUN
6:30 AM			MOVE STRONG (B) Paul		MOVE STRONG Sarah		
7:30 AM	MOVE STRONG Sarah	MOVE FIT Paul	MOVE FREE (B) Paul	MOVE STRONG Robyn	MOVE FIT Sarah		
09:00 AM		MOVE FREE (B) Paul	MOVE FIT Paul	MOVE FREE (B) Robyn		MOVE FIT Robyn	MOVE STRONG Sarah
09:45 AM						MOVE STRONG Robyn	
10:00 AM	MOVE FREE (B) Sarah				MOVE FREE (B) Sarah	MOVE FREE (B) Robyn	
10:30 AM	MOVE STRONG (B) Sarah	MOVE STEADY (B) Robyn		MOVE STEADY (B) Robyn & Joy	MOVE STRONG (B) Sarah		
5:30 PM	MOVE STRONG Sarah	MOVE FIT Robyn	MOVE STRONG Chantal	MOVE FREE (B) Paul	MOVE STRONG Chantal		
6:15 PM	MOVE FREE (B) Sarah	MOVE STRONG (B) Robyn	MOVE FREE (B) Chantal	MOVE STRONG (B) Paul			

