



B.T.S (Body Training Systems) GROUP FITNESS CLASSES



TIME/ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM Studio 2	Group Centergy	Group Centergy	Group Centergy	Group Centergy	Group Centergy		
6:00 AM Studio 2	Group Groove	Group Power	Group Groove	Group Power	Group Groove	Group Power	
7:00 AM Studio 2						Group Centergy	
7:10 AM Studio 2	Group Centergy	Group Centergy	Group Centergy	Group Centergy	Group Centergy		
8:00 AM Studio 2							
8:10 AM Studio 1	Group Ride		Group Ride				
8:10 AM Studio 2	Group Power		Group Power		Group Power		Group Power
8:15 AM Studio 2		Group Groove		Group Groove			
9:00 AM Studio 2						Group Groove	
9:15 AM Studio 2	Group Power	Group Centergy	Group Power	Group Centergy	Group Power		Group Centergy
9:15 AM Studio 3	Group Centergy		Group Centergy Studio 4		Group Centergy		
9:15 AM Studio 4	Group Kick		Group Kick Studio 3		Group Kick		
10:00 AM Studio 2						Group Core	
10:20 AM Studio 2		Group Power		Group Power			
10:20 AM Studio 4			Group Centergy		Group Centergy		
10:30 AM Studio 2						Group Power	
5:00 PM Studio 2				Group Core		<p style="text-align: center;">BTS PASS Easy, Convenient and <u>Unlimited</u> access to all BTS classes every week!</p> 	
5:30 PM Studio 2	Group Core	Group Power		Group Power			
6:00 PM Studio 2	Group Groove						
6:30 PM Studio 2		Group Centergy		Group Centergy			
7:00 PM Studio 2	Group Power		Group Power	Group Kick Studio 3			

