



BBAC GROUP EXERCISE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	BODYPUMP KEVIN	GRIT KAYLA	POWER HOUR ROBBIE	BODYPUMP KEVIN	BODYFLOW BECCA
5:00 PM			GRIT MEG		
5:15 PM	BODYCOMBAT BRIAN	TONE JULIE		SH'BAM JULIE	



TIME	SATURDAY	SUNDAY
7:00 AM	BODYPUMP KEVIN	
8:15 AM	BODYCOMBAT BRIAN	TONE JULIE
9:30 AM	BECCA YOGA	GRIT MEG, & KAYLA