

Bayview

DYNAMIC FITNESS SCHEDULE: EFFECTIVE JUNE 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	11:00 - 12:00 PM Brenda		6:15 - 7:15 AM Brenda			
	1:30 - 2:30 PM 50+DYNAMIC - Nadine	12:30 - 1:30 PM Brenda	11:00 - 12:00 PM Tara			
	4:00 - 5:00 PM Tanya					
	7:30 - 8:30 PM Tanya		7:30 - 8:30 PM Brenda			

N - INDICATES NEW CLASS, TIME OR INSTRUCTOR **R** - INDICATES ADVANCED RESERVATIONS AVAILABLE **M** - INDICATES MALE INSTRUCTOR

NOTE: Check dates and availability for all paid programs at Reception. Pre-registration required for paid programs. Semi-private and one-on-one sessions available.

***Classes, times and instructors are subject to change without notice.**