BEYOND FITNESS
BERMUDA LTD

Sept 2020 Schedule

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday	
	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	VIRTUAL	MAIN GYM	SPIN	PT ROOM	MAIN GYM	SPIN		MAIN GYM	SPIN
6:15–7:00	BlastFIT (45) Somer	6:30AM RxRIDE (45) Abby		TABATA HIIT (45) Christine			AMRAP!! (45) Olli	6:30AM Rise & Grind (45) Abby		6:30AM Blastfit (45) Christine			Ropes & Rowers (45) Meg	6:30AM RxRIDE (45) Somer						
7:15–08:00	Strength ALL OVER (45) Olli			HIIT CORE (45) Somer	All Terrain (45) Lucy		Strength ALL OVER (45) Olli						HIIT & CORE (45) Lucy							
9:00–9:45													CIRCUIT (45) Christine			8:30AM HIIT & Burn (45) BFB Coach	9:00AM All Terrain (45) Lucy		8:30AM Pilates Mat (45) April	8:30AM All Terrain (45) Meg
12:10–12:55	Ropes & Rowers (30) Meg			Strength Lowers (45) Chris		Tabata HIIT (30) Christine	Strength Uppers (45) Chris		Booty (30) Lucy	Strength CORE (45) Kacper		DB Strength (30) Olli	Pilates Mat (45) April		Strength FLEX FRI (45) Kacper				9:30AM Booty (45) Meg	9:30AM RxRIDE (45) Abby
1:00–1:30	SUPERSETS! (45) Kacper	30 HIIT (30) Christine	HIIT CORE (30) Meg	Athletic Conditioning (45) Olli				30 HIIT (30) Meg		TABATA HIIT (30) Chris			Booty (45) Lucy	HIIT SPIN (30) Chris						
1:30–5:25																				
5:30–6:15	HIIT & Core (45) Chris	All Terrain (45) Olli		Strength & Conditioning (45) Meg	All Terrain (45) Somer		Tabata HIIT (45) Kacper	RxRIDE (45) April		SUPERSETS! (45) Shomari	HIIT SPIN (30) Gladwin									
6:15–7:00																				