




Fall 2021 Group Fitness Class Schedule

www.bflfitness.com | 651.415.9500 | 3555 Lexington Ave N Arden Hills 55126

*If a class says hybrid this means you can choose if you want to be in person at BFL or at home via ZOOM. Make sure to select the correct one. The camera will only be on the instructor no other participants in that class at BFL will be seen. If you are doing a ZOOM class, you will get the ZOOM link the morning of the class. If it says at BFL, then that class is only offered in person.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9-9:40 am Chair/Standing Yoga (not getting down on floor) Hybrid Lillyvette	8:30-9:25 am Strength and Yoga Stretch Hybrid Lillyvette	9-9:40 am Chair/Standing Yoga (Not getting down on floor) Hybrid Lillyvette	9-9:55 am Begin/Inter. Pilates Mat at BFL Julie J	9-9:55 am Hatha Yoga Hybrid Carrie	
	9:50-10:45 am Balance & Posture Hybrid Alex	10-10:55 am Beginner Pilates Mat at BFL Daprice	9:50-10:45 am Gentle Yoga Hybrid Lillyvette	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) Hybrid Colleen	10:05-11 am Meditation and Yoga Hybrid Carrie	10:30-11:25 am Hatha Yoga Hybrid Colleen
11:05-noon Strength and Yoga Stretch Hybrid Lillyvette				11-11:55 Hatha Yoga Hybrid Colleen	11:05-Noon Strength and Tone at BFL Rachel	
			4:00-4:55 pm No Flexion Pilates Class Hybrid Julie J			4:30-5:25 pm Studio Equipment Class at BFL Alex
5:00-5:55pm Strength and Tone Hybrid Alex			5:00-5:55 pm Begin/Inter. Pilates Mat Class w) props at BFL Julie J			5:35-6:15 pm Chair/Standing Yoga (not getting down on floor) at BFL Alex
6:05-7 pm Hatha Yoga Hybrid Jenny	6:05-7 pm Hatha Yoga Hybrid Carrie	6:05 -7 pm Strength and Tone Hybrid Alex	6:05-7 pm Vinyasa Yoga Hybrid Lillyvette			
		7:10-8:05 pm Gentle Yoga Hybrid Alex	7:10-8:05 pm Yin Yoga Hybrid Lillyvette			