

BAC PROGRAM & BGH PRACTICE SCHEDULE

June 21st - August 23rd

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TIME (AM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (AM)	SATURDAY	SUNDAY					
6:00	MEMBERS	MEMBERS	MEMBERS	MEMBERS	MEMBERS	6:00							
6:30													
7:00						MEMBERS				MEMBERS			
7:30						MEMBERS				MEMBERS			
8:00						Gold - AM	Bronze / POD - AM	Gold - AM	Bronze / POD - AM	Gold - AM	Bronze / POD - AM		
8:30		Gold - AM		Bronze / POD - AM		Gold - AM		Bronze / POD - AM					
9:00		Green - AM		Green - AM		Green - AM		Green - AM					
9:30													
10:00	MEMBERS	MEMBERS	MEMBERS	MEMBERS	MEMBERS	10:00							
10:30													
11:00						MEMBERS				MEMBERS			
11:30						MEMBERS				MEMBERS			
TIME (PM)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME (PM)	SATURDAY	SUNDAY					
12:00	AEROBICS	MEMBERS		AEROBICS	MEMBERS		AEROBICS						
12:30													
1:00													
1:30													
2:00	MEMBERS		MEMBERS		MEMBERS		MEMBERS						
2:30													
3:00		SWIM FIT				SWIM FIT							
3:30			SSF										
4:00		LESSONS				LESSONS							
4:30													
5:00	Gold - PM	Bronze / POD - PM	Gold - PM	Bronze / POD - PM	Gold - PM	Bronze / POD - PM	Gold - PM	Bronze / POD - PM	Green - PM				
5:30				Green - PM				Green - PM			Green - PM		
6:00													
6:30													
7:00	LESSONS		SUP YOGA - Adults		LESSONS								
7:30													
8:00	MEMBERS		MEMBERS		MEMBERS		MEMBERS						
8:30													
9:00													
<i>All blocks are 30 minutes long unless otherwise stated.</i>													
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BGH NOTES													
06/21/21: BGH Practice Starts													
Please only attend your assigned practice based on your scheduled time & Roster Group . See "Roster Groups (06/21 - 08/23)" tab.													
CHECK the GOOGLE CALENDAR before coming to practice!													