

Group Fitness Schedule

Fall 2018



Mon

Tue

Wed

Thu

Fri



STEP

12:15pm-12:45pm
Reggie



CARDIO MASH-UP

12:15pm-12:45pm
Reggie



ABS

12:45pm-1:00pm
Reggie



KETTLE & KICK

12:15pm-1:00pm
Christine



IRON YOGA

12:45pm-1:15pm
Christine



BOOT CAMP

12:15pm-1:00pm
Christine



YOGALATES

12:15pm-12:45pm
Staff
FREE



YIN-YASA YOGA

5:30pm-6:30pm
Christine



PILATES

5:30pm-6:15pm
Reggie



Johns Hopkins Bayview Fitness Center
MFL Building~Center Tower~Suite 2100

www.jhmifitness.com

410-550-1690 main

Effective 10/1/2018

