


BASH FITNESS HELENA IN STUDIO SCHEDULE					 BASH FITNESS HELENA	
BASH FITNESS HELENA						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
HELENA	BASHFIT	BASHFIT2	BASHFIT3	BASHFIT4	BASHFIT5	
8:15 A.M.	REFORMER PILATES	BUST YO BASH SPIN	REFORMER PILATES	BUST YO BASH SPIN	REFORMER PILATES	AF
9:00 A.M.	BIKES + BARRE		REFORMER PILATES			MG
9:45 A.M.	REFORMER PILATES					
10:30 A.M.	REFORMER PILATES		REFORMER PILATES		10 REFORMER PILATES	AE
12:00 P.M.	REFORMER PILATES					
LATE AFTERNO ON						
4:45 P.M.	REFORMER PILATES	REFORMER PILATES	BUST YO BASH SPIN			
5:30 P.M.			REFORMER PILATES			