



# JUNE 2025 BVAC Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNINGS (AM)					
	6:00 – 6:45 TREVOR Tuesday Mornin’ Tune-up with Trev!		6:00 – 6:45 DOUG Mornin’ Warriors		
LUNCH TIME (AM/PM)					
10:50 – 11:50 BRENDA Rage & Restore  OPTION TO TAKE ONE OR BOTH RAGE AND/OR RESTORE	10:30 – 11:00 SHERRY Bootcamp EXPRESS	10:30 – 11:00 SHERRY Bootcamp EXPRESS	10:30 – 11:00 RIAZ Bootcamp EXPRESS	10:30 – 11:00 SHERRY Bootcamp EXPRESS	
11:20 – 11:50 BRENDA JUST Restore	11:10 – 11:55 SHERRY Interval Insanity	11:10 – 11:55 SHERRY Adrenaline HIIT	11:15 – 12:00 RIAZ Power Hour Pump	11:15 – 12:00 BRENDA Fitness Fanatic Fridays	10:15 – 11:00 DOUG BURN AND BRUNCH
12:00 – 12:45 BRENDA Build & Burn	12:00 – 12:45 SHERRY Interval Insanity (Round 2)	12:10 – 12:55 RICARDO Adrenaline HIIT with Ricardo	12:15 – 1:00 RIAZ Power Hour Pump (Round 2)	12:10 – 12:55 BRENDA Fitness Fanatic Fridays (Round 2)	
12:50 – 1:20 BRENDA Build & Burn EXPRESS	12:55 – 1:25 SHERRY Bootcamp EXPRESS	1:05 – 1:35 SHERRY Bootcamp EXPRESS			
EVENINGS (PM)					
	5:15 – 6:00 RIAZ Metcon Massacre		5:15 – 6:00 RIAZ Metcon Massacre		



# MATRIX STUDIO

## *Rage and Restore*

Get the best of both worlds! RAGE: 30 min high intensity bootcamp followed by RESTORE: 30 min of mobility, release, and stretch to improve function and decrease injury.

## *Build & Burn*

This class will challenge every aspect of your fitness by including strength and core training to build muscle and tone your body, plus cardio intervals, HIIT training and metabolic conditioning to help you burn calories both during, and after the class is done!

## *Mornin' Tune-up with Trev!*

Tuesday Morn' Tune-up with Trev! Start your week right with a High Intensity morning workout. All levels welcome!

## *Bootcamp Express (30 min. HIIT)*

Bootcamp Express is a full body workout working your cardiovascular system and strength training simultaneously. This workout is sneaky hard!

## *Interval Insanity*

This type of HIIT workout that aims to yield the most benefits in a short amount of time. This class will utilize a variety of exercises to increase your aerobic capacity and anaerobic capacity. In simple terms, you will burn a ton of calories, get stronger, leaner, and overall healthier.

## *Metcon Massacre*

45 glorious minutes of hard-hitting full body mayhem! These full body moderate to high intensity conditioning based workouts will leave you dripping sweat with no regret.

## *Adrenaline H.I.I.T.*

This is a total body, heart pumping, aerobic and strength conditioning workout. This High Intensity Interval Training class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind.

## *Mornin' Warriors*

This class has it all: TRX, kettlebells, battle ropes and more! By combining strength training and cardio, you'll sweat hard, see results, and have fun FIRST THING IN THE MORNIN'. There will be a focus on form and modifications for every level.

## *Power Hour Pump*

The body tune at noon! Total body strength based resistance training circuits, designed to enhanced physique and performance. Sculpt muscle, carve curves, and marvel at your hard earned results.

## *Fitness Fanatic Fridays*

Start the weekend off right with this 45 minute total body bootcamp, that uses strength training and stress relief movements to help sweat the day away!

## *Burn and Brunch*

Come BURN with us this weekend! This class combines short intervals of intense exercise with short periods of rest. Mixing aerobic and resistance training to help build strength, cardiovascular endurance, and muscle endurance.