



BKS FİTNESS / BKS FİT

VIRTUAL CLASS SCHEDULE

MON: HIIT & CARDIO • 6:30AM-7AM

TUE: CARDIO & CORE • 6PM-6:30PM

WED: CALISTHENICS • 6:30AM-7AM

WED: BUNZ & GUNZ • 6PM-6:30PM

THUR: THIGHS & ABS • 6PM-6:30PM

SAT: TOTAL BODY • 9:30AM-10:15AM

Live On



zoom

ANYONE • ANYTIME • ANYWHERE

Kristin Johnson



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