

JANUARY

BODY IN MOTION FITNESS
(410)923-2792

JANUARY

CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--------------------------------------|--|
| 1 CLOSED | 2 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm | 3 Boot Camp 6am- 7am | 4 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm | 5 Boot Camp 6:00- 7:00 am | 6 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Weightlifting 12pm- 1pm |
| 8 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm | 9 Boot Camp 10:00-11:00am | 10 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm YOGA 6:30-7:30pm | 11 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm | 12 Boot Camp 6:00- 7:00 am | 13 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Weightlifting 12pm- 1pm |
| 15 CLOSED | 16 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm | 17 Boot Camp 6am- 7am | 18 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm | 19 Boot Camp 6:00- 7:00 am | 20 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Weightlifting 12pm- 1pm |
| 22 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm | 23 Boot Camp 10:00-11:00am | 24 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm YOGA 6:30-7:30pm | 25 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm | 26 Boot Camp 6:00- 7:00 am | 27 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Weightlifting 12pm- 1pm |
| 29 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm | 30 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm | 31 Boot Camp 6am- 7am | | | |

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET