

JULY

BODY IN MOTION FITNESS

JULY

(410) 923-2792

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 YOGA 6:00- 7:00 pm	3	4	5	6	7 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
9 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	10 Boot Camp 10:00-11:00am	11 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Weight Loss Challenge 6:15pm	12 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm	13 Boot Camp 6:00- 7:00 am	14 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
16 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	17 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	18 Boot Camp 6am- 7am Boot Camp 5:15-6:15pm Weight Loss Challenge 6:15pm	19 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm	20 Boot Camp 6:00- 7:00 am	21 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
23 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	24 Boot Camp 10:00-11:00am	25 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Weight Loss Challenge 6:15pm	26 Lean Legs 5:15-6:15pm Zumba 6:15- 7:15pm	27 Boot Camp 6:00- 7:00 am	28 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
30 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	31 Boot Camp 10:00-11:00am				

Try your 1st class. IT'S FREE

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