

AUG

# BODY IN MOTION FITNESS CLASS SCHEDULE

AUG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Boot Camp 6am- 7am Weight Loss Challenge 6:15pm	<b>2</b>	<b>3</b>	<b>4</b> Yoga 9:15-10:15am
<b>6</b> Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	<b>7</b> Boot Camp 10:00-11:00am	<b>8</b> Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Weight Loss Challenge 6:15pm	<b>9</b> Zumba 6:15- 7:15pm	<b>10</b> Boot Camp 6:00- 7:00 am	<b>11</b> Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
<b>13</b> Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	<b>14</b> Boot Camp 10:00-11:00am	<b>15</b> Boot Camp 6am- 7am Boot Camp 5:15-6:15pm Weight Loss Challenge 6:15pm	<b>16</b> Zumba 6:15- 7:15pm	<b>17</b> Boot Camp 6:00- 7:00 am	<b>18</b> Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
<b>20</b> Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	<b>21</b> Boot Camp 10:00-11:00am	<b>22</b> Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm	<b>23</b> Zumba 6:15- 7:15pm	<b>24</b> Boot Camp 6:00- 7:00 am	<b>25</b> Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
<b>27</b> Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	<b>28</b> Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	<b>29</b> Boot Camp 6am- 7am	<b>30</b> Zumba 6:15- 7:15pm	<b>31</b> Boot Camp 6:00- 7:00 am	

Try your 1<sup>st</sup> class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792