

SEPT

BODY IN MOTION FITNESS CLASS SCHEDULE

SEPT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Yoga- cancelled Boot Camp 8:00-9:00 am
3 LABOR DAY- CLOSED	4 Boot Camp 10:00-11:00am	5 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Weight Loss Challenge 6:15pm	6 Zumba 6:15- 7:15pm	7 Boot Camp 6:00- 7:00 am	8 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
10 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	11 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	12 Boot Camp 6am- 7am Boot Camp 5:15-6:15pm Weight Loss Challenge 6:15pm	13 Zumba 6:15- 7:15pm	14 Boot Camp 6:00- 7:00 am	15 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
17 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	18 Boot Camp 10:00-11:00am	19 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Weight Loss Challenge 6:15pm	20 Zumba 6:15- 7:15pm	21 Boot Camp 6:00- 7:00 am	22 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
24 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	25 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	26 Boot Camp 6am- 7am Weight Loss Challenge 6:15pm	27 Zumba -CANCELLED	28 Boot Camp 6:00- 7:00 am	29 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792