

NOVEMBER

BODY IN MOTION FITNESS  
CLASS SCHEDULE

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Zumba 6:15- 7:15pm	2 Boot Camp 6:00- 7:00 am	3 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
5 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	6 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	7 Boot Camp 6am- 7am Weight Loss Challenge 6:15pm	8 Zumba 6:15- 7:15pm	9 Boot Camp 6:00- 7:00 am	10 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
12 CLOSED VETERANS DAY OBSERVED	13 Boot Camp 10:00-11:00am	14 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Weight Loss Challenge 6:15pm	15 Zumba 6:15- 7:15pm	16 Boot Camp 6:00- 7:00 am	17 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
19 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	20 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	21 Boot Camp 6am- 7am	22 CLOSED THANKSGIVING	23 CLOSED THANKSGIVING	24 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
26 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	27 Boot Camp 10:00-11:00am	28 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm	29 Zumba 6:15- 7:15pm	30 Boot Camp 6:00- 7:00 am	

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

WWW.BNMFITNESS.NET

(410) 923-2792