

DECEMBER

BODY IN MOTION FITNESS CLASS SCHEDULE

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
3 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	4 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	5 Boot Camp 6am- 7am	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	12 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm	13 CLOSED Zumba 6:15- 7:15pm	14	15 Yoga 9:15-10:15am
17 YOGA 6:00- 7:00 pm	18 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	19 Boot Camp 6am- 7am	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 11:00- 12:00 pm CLOSING AT 12PM	25 CLOSED MERRY CHRISTMAS	26 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm	27 Zumba 6:15- 7:15pm	28 Boot Camp 6:00- 7:00 am	29 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
31 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm CLOSING AT 7:30PM					

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792