

JANUARY

BODY IN MOTION FITNESS CLASS SCHEDULE

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Federal Holiday CLOSED	2 Boot Camp 6am- 7am Fitness Challenge 6:15-7:15pm	3 Zumba 6:15- 7:15pm	4 Boot Camp 6:00- 7:00 am	5 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
7 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	8 Boot Camp 10:00-11:00am	9 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Fitness Challenge 6:15-7:15pm	10 Zumba 6:15- 7:15pm	11 Boot Camp 6:00- 7:00 am	12 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
14 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	15 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	16 Boot Camp 6am- 7am Fitness Challenge 6:15-7:15pm	17 Zumba 6:15- 7:15pm	18 Boot Camp 6:00- 7:00 am	19 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
21 Federal Holiday CLOSED	22 Boot Camp 10:00-11:00am	23 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Fitness Challenge 6:15-7:15pm	24 Zumba 6:15- 7:15pm	25 Boot Camp 6:00- 7:00 am	26 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am
28 Boot Camp 6:00- 7:00 am YOGA 11:00- 12:00 pm	29 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	30 Boot Camp 6am- 7am Fitness Challenge 6:15-7:15pm	31 Zumba 6:15- 7:15pm		

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792