

FEBRUARY

BODY IN MOTION FITNESS

FEBRUARY

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Boot Camp 6:00- 7:00 am	2 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 9:30- 10:30am
4 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	5 Boot Camp 10:00-11:00am	6 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm	7 Zumba 6:15- 7:15pm	8 Boot Camp 6:00- 7:00 am	9 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 9:30- 10:30am
11 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	12 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	13 Boot Camp 6am- 7am	14 Zumba 6:15- 7:15pm	15 Boot Camp 6:00- 7:00 am	16 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 9:30- 10:30am
18 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	19 Boot Camp 10:00-11:00am	20 Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm Fitness Challenge 6:15-7:15pm	21 Zumba 6:15- 7:15pm	22 Boot Camp 6:00- 7:00 am	23 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 9:30- 10:30am
25 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm	26 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm	27 Boot Camp 6am- 7am Fitness Challenge 6:15-7:15pm	28 Zumba 6:15- 7:15pm		

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792