


MAY

BODY IN MOTION FITNESS

MAY

SCHEDULE

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

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792