

JULY

BODY IN MOTION FITNESS

JULY

SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>HAPPY 4TH CLOSED</p>	<p>5</p> <p>CLOSED</p>	<p>6</p> <p>Yoga 9:15-10:15am</p>
<p>8</p> <p>Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm</p>	<p>9</p> <p>Boot Camp 10:00-11:00am</p>	<p>10</p> <p>Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm</p>	<p>11</p>	<p>12</p> <p>Boot Camp 6:00- 7:00 am</p>	<p>13</p> <p>Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 11:00- 12:00pm</p>
<p>15</p> <p>Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm</p>	<p>16</p> <p>Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm</p>	<p>17</p> <p>Boot Camp 6am- 7am</p>	<p>18</p> <p>Zumba 6:15- 7:15pm</p>	<p>19</p> <p>Boot Camp 6:00- 7:00 am</p>	<p>20</p> <p>Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 11:00- 12:00pm</p>
<p>22</p> <p>Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm</p>	<p>23</p> <p>Boot Camp 10:00-11:00am</p>	<p>24</p> <p>Boot Camp 6am- 7am Arms & Abs 5:15- 6:15pm</p>	<p>25</p> <p>Zumba 6:15- 7:15pm</p>	<p>26</p> <p>Boot Camp 6:00- 7:00 am</p>	<p>27</p> <p>Boot Camp 8:00-9:00 am Yoga 9:15-10:15am Arms & Abs 11:00- 12:00pm</p>
<p>29</p> <p>Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm</p>	<p>30</p> <p>Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm</p>	<p>31</p> <p>Boot Camp 6am- 7am</p>			

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792