

OCTOBER

BODY IN MOTION FITNESS

OCTOBER

SCHEDULE

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

Try your 1<sup>st</sup> class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792