

JANUARY

BODY IN MOTION FITNESS

JANUARY

SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---------------------------------|---|--|
| | | 1 CLOSED Happy New Year | 2 Zumba 6:00- 7:00pm | 3 Boot Camp 6:00- 7:00 am | 4 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am |
| 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 ***YOGA 7:00- 8:00am*** | 9 Zumba 6:00- 7:00pm | 10 Boot Camp 6:00- 7:00 am | 11 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am |
| 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 Arms & Abs 5:15- 6:15pm | 15 Boot Camp 6am- 7am Abs, Legs & Core 5:30-6:30pm ***YOGA 7:00- 8:00am*** | 16 Zumba 6:00- 7:00pm | 17 Boot Camp 6:00- 7:00 am | 18 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am |
| 20 CLOSED Federal Holiday | 21 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm | 22 Boot Camp 6am- 7am Abs, Legs & Core 5:30-6:30pm ***YOGA 7:00- 8:00am*** | 23 Zumba 6:00- 7:00pm | 24 Boot Camp 6:00- 7:00 am | 25 Boot Camp 8:00-9:00 am Yoga 9:15-10:15am |
| 27 Boot Camp 6:00- 7:00 am YOGA 6:00- 7:00 pm Boot Camp 7:30- 8:30 pm | 28 Boot Camp 10:00-11:00am Arms & Abs 5:15- 6:15pm | 29 Boot Camp 6am- 7am Abs, Legs & Core 5:30-6:30pm ***YOGA 7:00- 8:00am*** | 30 Zumba 6:00- 7:00pm | 31 Boot Camp 6:00- 7:00 am | |

Try your 1st class. IT'S FREE

WWW.BNMFITNESS.NET

(410) 923-2792