

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 5:50-6:30pm ***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 5:50-6:30pm ***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 5:50-6:30pm ***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