

BOGUE FALAYA FITNESS
GROUP FITNESS & TRAINING
HOLIDAY SCHEDULE
December 2018

MONDAY	THURSDAY
8:30 AM STEP MIX - KENDRA 8:30 AM YOGA - MELISSA (MB) 6:00 PM FULL BODY CIRCUIT - BOBBY 6:00 PM YOGA - SHIRLEY (MB)	7:00 AM BOXING - ESTEBAN*** 8:30 AM BODY SCULPT - KENDRA 9:30 AM SLOW FLOW YOGA - SHIRLEY (MB) 11:00 AM DROP IN - GROUP TRAINING - GAVIN*** 12 NOON BARRE - HEATHER (MB) 4:00 PM BARRE - HEATHER (MB) 6:00 PM YOGA - LOUISE (MB)
TUESDAY	FRIDAY
8:30 AM BODY BLAST - SUZANNE 11:00 AM DROP IN - GROUP TRAINING - GAVIN*** 12 NOON BARRE - HEATHER (MB) 4:00 PM BARRE - HEATHER (MB) 5:30 PM HIIT - SARAH 6:00 PM YOGA - SHIRLEY (MB)	7:00 AM BOXING - ESTEBAN*** 8:30 AM CARDIO JAM - KENDRA 8:30 AM GENTLE YOGA - MELISSA (MB)
WEDNESDAY	SATURDAY
7:00 AM BOXING - ESTEBAN*** 8:30 AM ZUMBA - TAMMI 8:30 AM YOGA - JOSEPH (MB) 4:00 PM HIIT - SARAH 6:00 PM FULL BODY CIRCUIT - BOBBY	9:00 AM MAT PILATES - LOUISE 10:00 AM YOGA FLOW - LOUISE

*** Additional Fees apply for these classes (above)
 (MB) IS THE MIND & BODY STUDIO AT BFF
DROP IN DAILY GUEST FEE \$15

Staffed hours for Sales, Front Desk and Towel Service:

Mon-Thurs 8am - 7pm | Fri & Sat 8am - Noon

BFF is open 24/7 for members

For more information 985.875.0023

www.BFFgym.com