

**BOGUE FALAYA FITNESS**  
**GROUP FITNESS & TRAINING**  
**December 2018 & January 2019**

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

\*\*\* 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](http://www.BFFgym.com)