

**BOGUE FALAYA FITNESS**  
**GROUP FITNESS & TRAINING**  
**February 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  9:30 AM SLOW FLOW YOGA - SHIRLEY (MB)</p> <p>11:00 AM DROP IN TRAINING BOOTCAMP - GAVIN***  12 NOON BOOTY BARRE BASICS - HEATHER (MB)</p> <p>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 TRAINING BOOTCAMP - GAVIN***  12 NOON BOOTY BARRE BASICS - HEATHER (MB)</p> <p>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> <p>*LAST SATURDAY OF THE MONTH IS A FREE ESSENTIAL OILS CLASS 11AM</p>

\*\*\* Additional Fees apply for these classes (above)  
(MB) IS THE MIND & BODY STUDIO AT BFF

**DROP IN DAILY GUEST FEE \$15**

**CLASS FAST PASS NOW AVAILABLE 5 CLASSES FOR \$50 - NON MEMBERS**

**Staffed hours for Sales, Front Desk and Towel Service:**

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

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**For more information 985.875.0023**

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