

**BOGUE FALAYA FITNESS**  
**GROUP FITNESS & TRAINING**  
**MARCH 2019**

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
8:30 AM STEP MIX   KENDRA 8:30 AM YOGA   MELISSA (MB) 4:00 PM SSA LAX 6:00 PM CIRCUIT   BOBBY 6:00 PM YOGA   SHIRLEY (MB)	7:00 AM BOXING   ESTEBAN** 8:30 AM ZUMBA   TAMMI 8:30 AM YOGA   JOSEPH (MB) 10:30 AM YOGA   LIZ (MB) 4:00 PM HIIT   SARAH 6:00 PM CIRCUIT   BOBBY	7:00 AM BOXING   ESTEBAN** 8:30 AM CARDIO JAM   KENDRA 8:30 AM GENTLE YOGA   MELISSA (MB)
<b>TUESDAY</b>	<b>THURSDAY</b>	<b>SATURDAY</b>
8:30 AM BODY BLAST   SUZANNE 8:30 AM PILATES   DEBBIE (MB) 9:05 AM YOGA VINYASA FLOW   DEBBIE (MB) 11:00 AM DROP IN TRAINING   GAVIN** 12 NOON BOOTY BARRE   HEATHER (MB) 5:30 PM HIIT   SARAH 6:00 PM YOGA   SHIRLEY (MB)	7:00 AM BOXING   ESTEBAN*** 8:30 AM BODY SCULPT   KENDRA 9:30 AM YOGA SLOW FLOW   SHIRLEY (MB) 11:00 AM DROP IN TRAINING   GAVIN** 12 NOON BOOTY BARRE   HEATHER (MB) 4:00 PM ENERGY BARRE   HEATHER (MB) 6:00 PM YOGA   LOUISE (MB)	9:00 AM MAT PILATES   LOUISE 10:00 AM YOGA FLOW   LOUISE  <LAST SATURDAY OF THE MONTH IS A FREE ESSENTIAL OILS CLASS 11AM>

\*\* Additional Fees apply for these classes (above)

**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**

BFF is open 24/7 for members | March 11<sup>th</sup> starts our BFF LENT FITNESS CHALLENGE

**For more information 985.875.0023**

[www.BFFgym.com](http://www.BFFgym.com)