

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

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<p>8:30 AM STEP MIX   KENDRA  8:30 AM YOGA   MELISSA (MB)  6:00 PM CIRCUIT   BOBBY  6:00 PM YOGA   SHIRLEY (MB)</p>	<p>7:00 AM BOXING   ESTEBAN**  8:30 AM ZUMBA   TAMMI  8:30 AM YOGA   JOSEPH (MB)  10:00AM YOGA   LIZ (MB)  4:00 PM HIIT   SARAH  6:00 PM CIRCUIT   BOBBY</p>	<p>7:00 AM BOXING   ESTEBAN**  8:30 AM CARDIO JAM   KENDRA  8:30 AM GENTLE YOGA   MELISSA (MB)</p>
<b>TUESDAY</b>	<b>THURSDAY</b>	<b>SATURDAY</b>
<p>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 BARRE FUSION   HEATHER (MB)  4:00 PM BOOTY BARRE   HEATHER (MB)  5:30 PM HIIT   SARAH  6:00 PM YOGA   SHIRLEY (MB)</p>	<p>7:00 AM BOXING   ESTEBAN***  8:30 AM FIT BALL   KENDRA  9:30 AM YOGA SLOW FLOW   SHIRLEY (MB)  11:00 AM DROP IN TRAINING   GAVIN**  12 NOON BARRE FUSION   HEATHER (MB)  4:00 PM BOOTY BARRE   HEATHER (MB)  6:00 PM YOGA   LOUISE (MB)</p>	<p>9:00 AM MAT PILATES   LOUISE  10:00 AM YOGA FLOW   LOUISE    &lt;LAST SATURDAY OF THE MONTH IS A FREE ESSENTIAL OILS CLASS 11AM&gt;</p>

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

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

**CLASS FAST PASS PUNCH CARD NOW AVAILABLE 5 CLASSES FOR \$50**

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