

BOGUE FALAYA FITNESS
GROUP FITNESS & TRAINING
APRIL 2019

MONDAY	WEDNESDAY	FRIDAY
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)
TUESDAY	THURSDAY	SATURDAY
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) 4:00 PM 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 BOOTY 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

For more information 985.875.0023

www.BFFgym.com