

BOGUE FALAYA FITNESS
GROUP FITNESS, YOGA & TRAINING
AUGUST 2019

MONDAY	WEDNESDAY	FRIDAY
<p>8:30 AM STEP MIX KENDRA 8:30 AM YOGA MELISSA (MB) 4:00 PM SSA - ROYALETES 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) 12 NOON BOOTY BARRE100 HEATHER (MB) 4:00 PM BOOTY BARRE100 HEATHER (MB) 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> <p align="center">SATURDAY</p> <p>9:00 AM MAT PILATES LOUISE 10:00 AM YOGA FLOW LOUISE</p> <p align="center"><SATURDAY AUGUST 31ST IS A FREE ESSENTIAL OILS CLASS 11AM></p>
TUESDAY	THURSDAY	FRIDAY
<p>8:30 AM BODY BLAST SUZANNE 8:30 AM PILATES DEBBIE (MB) (NO CLASS 8/13) 9:05 AM YOGA VINYASA FLOW DEBBIE (MB) 11:00 AM DROP IN TRAINING GAVIN** 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** 4:00 PM HIIT SARAH 6:00 PM YOGA LOUISE (MB)</p>	<p>7:00 AM BOXING ESTEBAN** 8:30 AM CARDIO JAM KENDRA 8:30 AM GENTLE YOGA MELISSA (MB)</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

Staffed hours for Sales, Front Desk and Towel Service:

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

BFF is open 24/7 for members | **985.875.0023** | www.BFFgym.com