

# BOGUE FALAYA FITNESS

## GROUP EXERCISE SCHEDULE

### SEPTEMBER 2019

<h3 style="margin: 0;">MONDAY</h3> <p>8:30 AM STEP MIX – ANNE              8:30 AM YOGA – MELISSA (MB)              4:00 PM SSA - ROYALETTES              6:00 PM CIRCUIT – BOBBY              6:00 PM YOGA – SHIRLEY (MB)</p>	<h3 style="margin: 0;">THURSDAY</h3> <p>7:00 AM BOXING – ESTEBAN***              8:30 AM SCULPT - LOUISE              9:30 AM SLOW FLOW YOGA – SHIRLEY              11:00 AM DROP IN TRAINING – GAVIN**              12 NOON BOOTY BARRE 100 – HEATHER (MB)              4:00 PM BOOTY BARRE 100 – HEATHER (MB)              6:00 PM YOGA – LOUISE (MB)</p>
<h3 style="margin: 0;">TUESDAY</h3> <p>8:30 AM BODY BLAST – SUZANNE              8:30 AM PILATES – DEBBIE (MB)              9:05 AM YOGA – DEBBIE (MB)              11:00 AM DROP IN TRAINING – GAVIN**              12NOON BOOTY BARRE 100 – HEATHER (MB)              4:00 PM BOOTY BARRE 100– HEATHER (MB)              5:30 PM HIIT - SARAH              6:00 PM YOGA – SHIRLEY (MB)</p>	<h3 style="margin: 0;">FRIDAY</h3> <p>7:00 AM BOXING – ESTEBAN***              8:30 AM CARDIO JAM – SARAH              8:30 AM YOGA – MELISSA (MB)</p>
<h3 style="margin: 0;">WEDNESDAY</h3> <p>7:00 AM BOXING – ESTEBAN***              8:30 AM ZUMBA - TAMMI              8:30 AM YOGA – JOSEPH (MB)              10:00 AM YOGA – LIZ (MB)              4:00 PM HIIT – SARAH              6:00 PM CIRCUIT – BOBBY</p>	<h3 style="margin: 0;">SATURDAY</h3> <p>9:00 AM MAT PILATES – LOUISE              10:00 AM YOGA FLOW – LOUISE</p>

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

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  
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