

BOGUE FALAYA FITNESS
GROUP EXERCISE SCHEDULE
SEPTEMBER 2020

MONDAY	THURSDAY
8:30 AM STEP MIX 8:30 AM YOGA (MB) 10:00 AM PRIVATE TRAINING 3:30 PM ROYALETTES PRIVATE TRAINING 6:00 PM CIRCUIT 6:00 PM YOGA	8:30 AM SCULPT 11:00 AM DROP IN GROUP TRAINING** 12 NOON BOOTY-BARRE via ZOOM 3:30 PM GOLDEN BLUES PRIVATE TRAINING 6:30 PM YOGA
TUESDAY	FRIDAY
8:30 AM BODY BLAST 8:30 AM PILATES (MB) 9:05 AM YOGA (MB) 11:00 AM DROP IN GROUP TRAINING** 12 NOON BOOTY-BARRE live in studio 4:00 PM BOOTY-BARRE live in studio 5:30 PM HIIT	8:30 AM CARDIO JAM 8:30 AM YOGA (MB) 10:00 AM PRIVATE TRAINING
WEDNESDAY	SATURDAY
8:30 AM ZUMBA 10:00 AM YOGA (MB) 10:00 AM PRIVATE TRAINING 6:00 PM CIRCUIT 6:15 PM YOGA	9:00 AM MAT PILATES 10:00 AM YOGA FLOW

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

BFF is open 24/7 for members

VIRTUAL AT-HOME ONLINE CLASSES FOR ACTIVE MEMBERS ONLY USING THIS

PRIVATE LINK: www.glitteru.com/live-barre-classes

PRIVATE MEMBERS ONLY ONLINE FACEBOOK GROUP USING THIS LINK:

<http://www.facebook.com/groups/BFFGroupFitness>

985.875.0023 - www.BFFgym.com