

BOGUE FALAYA FITNESS

GROUP EXERCISE SCHEDULE

NOVEMBER 2020

<h2 style="margin: 0;">MONDAY</h2> <p>8:30 AM STEP MIX 8:30 AM FLOW YOGA (MB) 10:00 AM PRIVATE TRAINING 3:30 PM ROYALETES PRIVATE TRAINING 6:00 PM CIRCUIT 6:00 PM YOGA</p>	<h2 style="margin: 0;">THURSDAY</h2> <p>8:30 AM SCULPT ONLINE 12 NOON BOOTY-BARRE100 5:30 PM HIIT 6:30 PM YOGA</p>
<h2 style="margin: 0;">TUESDAY</h2> <p>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-BARRE100 4:00 PM BOOTY-BARRE100 5:30 PM HIIT</p>	<h2 style="margin: 0;">FRIDAY</h2> <p>8:30 AM CARDIO JAM 8:30 AM RESTORATIVE YOGA (MB) 10:00 AM PRIVATE TRAINING</p>
<h2 style="margin: 0;">WEDNESDAY</h2> <p>8:30 AM ZUMBA 10:00 AM FLOW YOGA (MB) 10:00 AM PRIVATE TRAINING 6:00 PM CIRCUIT 6:15 PM YOGA</p>	<h2 style="margin: 0;">SATURDAY</h2> <p>9:00 AM MAT PILATES 10:00 AM YOGA FLOW</p>

**** 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