








Central Baptist Church Fitness Calendar

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 FLC Closed 
2	3 9:00 Turbo Kick (Allie) 10:30 FF (Beth) 6:00 Cardio Dance (Suzy) 6:00 Yoga (Amy)	4 9:00 TB/FB 10:15 Yoga (Mary Nelle) 6:00 M/I Pump (Chrystal) 6:00 PIYo (Amy)	5 9:00 Step/Core (Beth) 10:30 FF (Linda)	6 9:00 Mix It Up! (Allie) 10:15 Barre (Gail) 6:00 TB (Suzy) 6:00 BARRE Julie	7 9:00 CardioCircuit (Suzy) 10:30 FF (Beth)	8 8:30 TB (Chrystal) 9:45 PIYO (Julie)
	10 9:00 Step/Sculpt (Allie) 10:30 FF (Beth) 6:00 Mix It Up! (Chrystal) YOGA Cancelled	11 9:00 M/I Core (Mary Nelle) YOGA Cancelled 6:00 CardioCircuit (Chrystal) PIYO Cancelled	12 9:00 TB/FB (Beth) 10:30 FF (Linda)	13 9:00 Step/Core (Allie) 10:15 Yoga(Gail) 6:00 CardioDance (Suzy) 6:00 BARRE (MN)	14 9:00 CardioDance (Suzy) 10:30 FF (Suzy)	15 8:30 TB (Allie) 9:45 Yoga (Amy)
16	17 9:00 M/I Core (Allie) 10:30 FF (Beth) 6:00 M/I Pump (Chrystal) 6:00 Yoga (Amy)	18 9:00 Step/Sculpt 10:15 Yoga (Mary Nelle) 6:00 CardioCircuit (Chrystal) 6:00 PIYO (Julie)	19 9:00 KB/Core (Beth) 10:30 FF (Linda)	20 9:00 TB/FB (Suzy) 10:15 Barre (Gail) 6:00 TB (Suzy) 6:00 BARRE (MN)	21 9:00 Step/Core (Beth) 10:30 FF (Linda)	22 FLC Closed 
23	24 FLC Closed	25 	26 No Classes	27 9:00 Step/Sculpt (Allie) 10:15 Yoga(Gail) 6:00 TB (MN) 6:00 Barre (Julie)	28 9:00 M/I Core (Beth) 10:30 FF (Linda)	29 8:30 TB (Mary Nelle) 9:45 Yoga (Amy)
	31 9:00 Step/Sculpt (Allie) 10:30 FF (Beth) FLC Closed Noon					5364 N.Broadway 688--1206 cbcf.org Go to ministries: activities ministry choose calendar