





# Central Baptist Church Fitness Calendar

## January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 	<b>2</b> 9:00 KB/TB (Beth) 10:30 FF (Linda)	<b>3</b> 9:00 Step (Allie) 10:15 Yoga(Gail) 6:00 TB (Suzy) 6:00 Barre (Mary Nelle)	<b>4</b> 9:00 Mix It Up! (Beth) 10:30 FF (Beth)	<b>5</b> 8:30 Cardio Dance (Suzy)
<b>6</b>	<b>7</b> 9:00 Turbo Kick (Allie) 10:30 FF (Beth) 6:00 Cardio Dance (Suzy) 6:00 Yoga (Julie)	<b>8</b> 9:00 TB/FB 10:15 Yoga (Mary Nelle) 6:00 M/I Pump (Chrystal) 6:00 PIYO (Julie)	<b>9</b> 9:00 Step/Core (Beth) 10:30 FF (Linda)	<b>10</b> 9:00 M/I Pump (Tina) 10:15 Barre (Gail) 6:00 TB (Chrystal) 6:00 Barre (MN)	<b>11</b> 9:00 Cardio Dance (Suzy) 10:30 FF (Beth)	<b>12</b> 8:30 Turbo Kick (Allie)
	<b>14</b> 9:00 Mix It Up! (Allie) 10:30 FF (Beth) 6:00 KB/TB (Tina) 6:00 Yoga (MN)	<b>15</b> 9:00 Step/KB 10:15 Yoga (Mary Nelle) 6:00 M/I Core (Chrystal) 6:00 PIYO (Julie)	<b>16</b> 9:00 TB/FB (Beth) 10:30 FF (Linda)	<b>17</b> 9:00 Turbo Kick (Allie) 10:15 Yoga(Gail) 6:00 TB/FB (Chrystal) 6:00 BARRE (MN)	<b>18</b> 9:00 TB (Suzy) 10:30 FF (Suzy)	<b>19</b> <b>FLC Closed</b>
<b>20</b>	<b>21</b> <b>FLC CLOSED</b>	<b>22</b> 9:00 Step/Sculpt 10:15 Yoga (Mary Nelle) 6:00 Mix It Up! (Chrystal) 6:00 PIYO (Julie)	<b>23</b> 9:00 Cardi Circuit (Beth) 10:30 FF (Allie)	<b>24</b> 9:00 Bosu/TB (Allie) 10:15 Barre (Gail) 6:00 TB (Suzy) 6:00 BARRE (MN)	<b>25</b> 9:00 Step/Core (Allie) 10:30 FF (Beth)	<b>26</b> 8:30 Yoga (Julie)
<b>27</b>	<b>28</b> 9:00 M/I Pump (Allie) 10:30 FF (Beth) 6:00 M/I Core (Chrystal) 6:00 Yoga (MN)	<b>29</b> 9:00 Step/Core 10:15 Yoga (Mary Nelle) 6:00 Mix It Up! (Chrystal) 6:00 PIYO (Julie)	<b>30</b> 9:00 TB (Tina) 10:30 FF (Tina)	<b>31</b> 9:00 Turbo Kick (Allie) 10:15 Yoga(Gail) 6:00 TB (Suzy) 6:00 Barre (Mary Nelle)		
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