





Central Baptist Church Fitness Calendar

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00 Turbo Kick (Allie) 10:30 FF (Linda) 6:00 M/I Core (Erin) Yoga Cancelled	3 9:00 Bosu/TB (Mary Nelle) *Yoga Cancelled 6:00 KB/TB (Tina) *PiYo Cancelled	4 9:00 Step (Beth) 10:30 FF (Meredith)	5 9:00 TB (Allie) 10:15 Barre (Gail) 6:00 TB (Erin) 6:00 PiYo(Vicky)	6 9:00 S/KB/Abs (Beth) 10:30 FF (Linda)	7 9:00 Yoga (Amy)
8	9 9:00 TB/FB (Allie) 10:30 FF (Linda) 6:00 Mix It Up! (Erin) 6:00 Yoga (Amy)	10 9:00 M/I Core 10:15 Yoga (Mary Nelle) 6:00 Step/KB (Tina) 6:00 PiYo(Vicky)	11 9:00 Mix It Up! (Beth) 10:30 FF (Meredith)	12 9:00 KB/Bosu (Allie) 10:15 Yoga (Gail) 6:00 TB (Lindsay) 6:00 Barre(MN)	13 9:00 Step/Sculpt (Beth) 10:30 FF (Lindsay)	14 9:00 BARRE (Mary Nelle)
15 	16 9:00 Step/Core (Allie) 10:30 FF Meredith 6:00 Bosu/TB (Betsy) 6:00 Yoga (Amy)	17 9:00 Mix It Up! (Mary Nelle) 10:15 Yoga (Mary Nelle) 6:00 M/I Core (Erin) 6:00 PiYo (Julie)	18 9:00 M/I Core (Beth) 10:30 FF (Meredith)	19 9:00 KB/TB (Allie) 10:15 Barre (Gail) 6:00 TB (Lindsay) 6:00 PiYo(Vicky)	20 9:00 Step (Beth) 10:30 FF (Vicky)	21 9:00 Yoga (Vicky)
22	23 9:00 Mix It Up! (Allie) 10:30 FF(Vicky) 6:00 M/I Core (Betsy) 6:00 Yoga (Amy)	24 9:00 Step/Core (Mary Nelle) 10:15 Yoga (Mary Nelle) 6:00 Mix It Up! (Tina) 6:00 PiYo(Vicky)	25 9:00 Bosu/TB (Beth) 10:30 FF (Meredith)	26 9:00 Turbo Kick (Allie) 10:15 PiYo (Gail) 6:00 TB (Lindsay) 6:00 Barre(MN)	27 9:00 Step/Sculpt (Beth) 10:30 FF (Lindsay)	28 9:00 Yoga (Julie)
29 	30 9:00 Step/KB (Allie) 10:30 FF(Vicky) 6:00 Mix It Up! (Betsy) 6:00 Yoga (Amy)	31 9:00 Step/Sculpt (Mary Nelle) 10:15 Yoga (Mary Nelle) 6:00 Step/KB (Tina) 6:00 PiYo (Julie)				
		(*If schools are closed due to snow - classes will be cancelled You may call office to confirm				1 5364 N.Broadway 688--1206 cbcf.org Go to ministries: actiivities ministry choose calendar