

Central Baptist Church Fitness Calendar

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Step Sculpt (Allie) 6:00 TB (Erin)	2 9:00 KB/Bosu (Beth)	3
<p>Check out our exercise video library on Facebook: CBCFC Fitness</p> <p>We have OVER 100 workouts!!</p>						
4	5 9:00 TB (MN) 6:00 TB/FB (Erin)	6 9:00 Step/Core (Allie) 6:00 Yoga (Julie)	7 9:00 Yoga (Amy)	8 9:00 MI Core (Allie) 6:00 MI Pump (Erin)	9 9:00 Yoga (Vicky)	10
11	12 9:00 Step/KB/Core (MN) 6:00 Mix It Up! Erin	13 9:00 TB/FB (Beth) 6:00 Yoga (Amy)	14 9:00 Yoga (Vicky)	15 9:00 KB/TB (Beth) 6:00 TB (Erin)	16 9:00 Step Core (Beth)	17
18	19 9:00 MI Pump (MN) 6:00 Bosu/TB (Betsy)	20 9:00 Step/KB/Core (Allie) 6:00 Yoga (Julie)	21 9:00 TB Lindsay	22 9:00 MI Core (Meredith) 6:00 Mix It UP! (Erin)	23 9:00 Mix It Up! (Allie)	24
25	26 9:00 Cardio Barre (MN) 6:00 MI Pump (Betsy)	27 9:00 TB (Allie) 6:00 Yoga (Vicky)	28 9:00 Yoga (Amy)	29 9:00 Tabata TB (Allie) 6:00 TB (Erin)	30 9:00 Step/KB (Beth)	31
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