





Central Baptist Church Fitness Calendar

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 FLC Closed 	2
3	4 FLC Closed	5 9:00 Step/Sculpt (Allie) 6:00 Yoga (Vicky)	6 9:00 Yoga (Amy)	7 9:00 Turbo Kick (Allie) 6:00 M/I Pump (Erin)	8 9:00 TB (Ansley)	9
10 	11 9:00 Mix It Up! (Mary Nelle) 6:00 Mix It Up! (Ansley)	12 9:00 Step (Allie) 6:00 PiYo (Amy)	13 9:00 Yoga (Vicky)	14 9:00 KB/Bosu (Allie) 6:00 TB/FB (Erin)	15 9:00 TB/FB (Beth)	16
17	18 FLC Closed	19 9:00 <i>Mix It Up!</i> (Allie) 6:00 Yoga (Vicky)	20 9:00 Yoga (Amy)	21 9:00 Turbo Kick (Allie) 6:00 Mix It UP! (Erin)	22 9:00 Step/Sculpt (Beth)	23
24 	25 9:00 Bosu/TB (MN) 6:00 M/I Pump (Erin)	26 9:00 M/I Core (Allie) 6:00 Yoga (Julie)	27 9:00 Yoga (Vicky)	28 9:00 KB/TB (Allie) 6:00 Mix It Up (Erin)	29 9:00 Step (Beth)	30
31						1 5364 N. Broadway 688-1206 cbcf.org Go to ministries: activities ministry choose calendar