





Central Baptist Church Fitness Calendar

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 9:00 Bosu/TB (Mary Nelle) 10L30 FF (Linda) 600 Mix It Up! (Erin)</p>	<p>2 9:00 Turbo Kick (Allie)</p> <p>6:00 Yoga (Amy)</p>	<p>3 9:00 Yoga (Amy)</p>	<p>4 9:00 Step/Core (Allie)</p> <p>6:00 Mix It Up! (Erin)</p>	<p>5 9:00 Mix It Up! (Beth) 10:30 FF (Lindsay)</p>	<p>6</p>	
<p>7</p>	<p>8 FLC Closed</p>	<p>9 FLC Closed</p>	<p>10 FLC Closed</p>	<p>11 FLC Closed</p>	<p>12 FLC Closed</p>	<p>13</p>
 <p>14</p>	<p>15 9:00 Step/Core (Mary Nelle) 10:30 FF (Vicky) 6:00 M/I Core (Erin)</p>	<p>16 9:00 KB/TB (Tina)</p> <p>6:00 Yoga (Julie)</p>	<p>17 9:00 Yoga (Amy)</p>	<p>18 9:00 TB/FB (Beth)</p> <p>6:00 Bosu/TB (Erin)</p>	<p>19 M/I Core (Allie) 10:30 FF (Meredith)</p>	<p>20</p>
<p>21</p>	<p>22 9:00 Mix It Up! (Mary Nelle) 10:30 FF (Linda) 6:00 TB/FB (Erin)</p>	<p>23 9:00 S/KB (Tina)</p> <p>6:00 Yoga (Amy)</p>	<p>24 9:00 Yoga (Vicky)</p>	<p>25</p> 	<p>26 FLC Closed</p>	<p>27</p>
 <p>28</p>	<p>29 9:00 BARRE (Mary Nelle) 10:30 FF (Linda) 6:00 KB/TB (Tina)</p>	<p>30 9:00 Turbo Kick (Allie)</p> <p>6:00 Yoga (Vicky)</p>				<p>5364 N.Broadway 688--1206 cbcfc.org Go to ministries: activities ministry choose calendar</p>