




Central Baptist Church Fitness Calendar

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Bosu/TB (Pris) 10:30 FF (Meredith)	2
3	4 LABOR DAY FLC Closed	5 9:00 TB (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Vicky)	6 9:00 No Class 10:30 FF (Gail)	7 9:00 Step/Sculpt (Meredith) 10:15 Yoga (Amy) 6:00 Step/Sculpt (Erin)	8 9:00 MI/Core (Pris) 10:30 FF (Linda)	9
10 	11 9:00 TB/FB (Mary Nelle) 10:30 FF (Linda) 6:00 KB/TB (Meredith)	12 9:00 M/I Core (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Julie)	13 9:00 Mix It Up! (Tina) 10:30 FF (Gail)	14 9:00 Turbo Kick (Allie) 10:15 Yoga (Vicky) 9:00 Step/Sculpt (Meredith)	15 9:00 TB (Pris) 10:30 FF (Vicky)	16
17	18 9:00 M/I Core (Mary Nelle) 10:30 FF (Linda) 6:00 M/Ipump (Erin)	19 9:00 Bosu/TB (Allie) 10:15 Yoga (Gail) 6:00 Yoga (Amy)	20 9:00 KB/Core (Tina) 10:30 FF (Gail)	21 9:00 M/I Pump (Allie) 10:15 Yoga (Vicky) 6:00 TB/FB (Erin)	22 9:00 Tabata (Pris) 10:30 FF (Vicky)	23
24 	25 9:00 BARRE (Mary Nelle) 10:30 FF (Kim) 6:00 Mix It Up! (Angela)	26 9:00 KB (Allie) 10:15 Yoga (Lynn) 6:00 Yoga (Amy)	27 9:00 No Class 10:30 FF (Linda)	28 9:00 Step (Allie) 10:15 Yoga (Amy) 6:00 Step/Sculpt (Erin)	29 9:00 Bosu/TB (Pris) 10:30 FF (Lynn)	30
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