






Central Baptist Church Fitness Calendar

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 FLC Closed 	2 9:00 KB/Core (Allie) 10:15 Yoga (Gail) 6:00 Yoga (Julie)	3 9:00 TB/FB (Allie) 10:30 FF (Gail)	4 9:00 M/I Core (Mary Nelle) 10:15 Yoga (Amy) 6:00 Step/Sculpt (Erin)	5 9:00 Bosu/TB (Allie) 10:30 FF (Vicky)	6
7 	8 9:00 Step/Sculpt (Allie) 10:30 FF (Lynn) 6:00 M/I Pump (Erin)	9 9:00 Turbo Kick (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Vicky)	10 9:00 KB/TB (Tina) 10:30 FF (Vicky)	11 9:00 Step (Allie) 10:15 Yoga (Vicky) 6:00 Step/Sculpt (Erin)	12 9:00 Mix It Up! (Pris) 10:30 FF (Meredith)	13
14	15 FLC Closed MLK Holiday	16 9:00 M/I Core (Allie) 10:15 Yoga (Lynn) 6:00 Yoga (Julie)	17 9:00 Mix It Up! (Tina) 10:30 FF (Kim)	18 9:00 Step/KB (Allie) 10:15 Yoga (Vicky) 9:00 Step/Sculpt (Meredith)	19 9:00 TB (Pris) 10:30 FF (Vicky)	20
21 	22 9:00 BARRE (Mary Nelle) 10:30 FF (Vicky) 6:00 M/Ipump (Angela)	23 9:00 KB/Core (Allie) 10:15 Yoga (Vicky) 6:00 Yoga (Amy)	24 9:00 TB (Tina) 10:30 FF (Lynn)	25 9:00 Step (Allie) 10:15 Yoga (Amy) 6:00 TB/FB (Erin)	26 9:00 Mix It Up! (Pris) 10:30 FF (Meredith)	27
28	29 9:00 Mix It UP! (Mary Nelle) 10:30 FF (Kim) 6:00 KB/TB (Angela)	30 9:00 M/I Core (Allie) 10:15 Yoga (Lynn) 6:00 Yoga (Amy)	31 9:00 KB/TB (Tina) 10:30 FF (Linda)			
			*In case of inclement weather contact FLC about class			5364 N.Broadway 688--1206 cbcfc.org Go to ministries: activities ministry choose calendar