




Central Baptist Church Fitness Calendar

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <small>nvtech.com</small>			1 9:00KB/Core (Tina) 10:30 FF (Gail)	2 9:00 Bosu/TB (Allie) 10:15 Yoga (Robert) 6:00 TB/FB (Erin)	3 9:00 M/I Core (Pris) 10:30 FF (Kim)	4
5	6 9:00 Step/Sculpt (Mary Nelle) 10:30 FF (Linda) 6:00 Step/Sculpt (Meredith)	7 9:00 Step (Allie) 10:15 Yoga (Amy) 6:00 Yoga (Julie)	8 9:00 Mix It Up! (Allie) 10:30 FF (Gail)	9 9:00 KB/Core (Tina) 10:15 Yoga (Vicky) 6:00 KB/TB (Erin)	10 9:00 TB (Kim) 10:30 FF (Lynn)	11
 <small>Yoga</small>	13 9:00 KB/TB (Tina) 10:30 FF (Linda) 6:00 KB/TB (Angela)	14 9:00 M/I Core (Allie) 10:15 Yoga (Robert) 6:00 Yoga (Vicky)	15 9:00 TB (Tina) 10:30 FF (Gail)	16 9:00 Turbo Kick (Allie) 10:15 Yoga (Lynn) 6:00 TB/FB (Erin)	17 9:00 Mix It Up! (Meredith) 10:30 FF (Meredith)	18
19	20 9:00 Bosu/TB (Mary Nelle) 10:30 FF (Lynn) 6:00 M/I Pump (Angela)	21 9:00 KB/Core (Tina) 10:15 Yoga (Robert) 6:00 Yoga (Julie)	22 9:00 TB/FB (Vicky) 10:30 FF (Vicky)	23 9:00 Step (Allie) 10:15 Yoga (Lynn) 6:00 Step/Sculpt (Erin)	24 9:00 M/I Pump (Allie) 10:30 FF (Linda)	25
	27 Memorial Day No Classes	28 9:00 Mix It Up! (Allie) 10:15 Yoga (Vicky) 6:00 Yoga (Amy)	29 9:00 Step (Beth) 10:30 FF (Vicky)	30 9:00 TB/FB (Allie) 10:15 Yoga (Amy) 6:00 Mix It Up! (Erin)	31 9:00 KB/Core (Beth) 10:30 FF (Linda)	
						5364 N.Broadway 688--1206 cbcfc.org Go to ministries: actiivities ministry choose calendar