

FBC Fitness Ministry May 18th - 23rd 2020



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Spin 6:00-6:50 AJ-Gym		Spin 6:00-6:50 Amy-Gym		
6:30 AM					HIIT 6:30-7:00 Haley - FB LIVE	
8:30 AM	WAR 8:30-9:20 Monda-Gym	Triple Threat 8:30-9:20 Michelle-Gym	CrossFire 8:30-9:20 Monda - Gym	Boxing Fusion 8:30-9:20 Michelle-Gym	R.I.P.P.E.D. 8:30-9:20 Malissa-Gym	Boot Camp 8:00-8:50 Darlene-Gym
9:30 AM	Yoga Blend 9:30-10:20 Alene - Youth Room		Dance Circuit 9:30-10:20 Amy-FB LIVE	Yoga Blend 9:30-10:20 Alene - Youth Room Line Dancing 9:30-10:20 Shirley - FB LIVE	Yoga 9:30-10:20 Golden - Youth Room	
10:30 AM	Senior Strength 10:30-11:15 Amy-FB LIVE	Silver Sneakers 10:30-11:15 Janice-FB LIVE		Silver Sneakers 10:30-11:15 Shirley-FB LIVE	Senior Strength 10:30-11:15 Amy-FB LIVE	
12:15 PM	IGNITE 12:15-12:45 Monda - Gym	CrossFIRE 12:15-12:45 Jessica-Gym	Build & Burn 12:15-12:45 Monda-Gym	CrossFire 12:15-12:45 Monda - Gym	CrossFIRE 12:15-12:45 Jessica-Gym	
1:00 PM				Rock Steady Boxing 1:00 ZOOM		
4:30 PM	Boot Camp 4:30-5:20 Monda-Gym FIT Kids 4:30-5:20 Fitness Trail	Build & Burn 4:30-5:20 AJ-Gym FIT Kids 4:30-5:20 Fitness Trail		Beach Body Club 4:30-5:20 John-Gym FIT Kids 4:30-5:20 Fitness Trail		
5:30 PM	RIPPED 5:30-6:20 Malissa - Gym	Boot Camp 5:30-6:20 Jessica-Gym		Spin 5:30-6:20 Haley-Gym Pilates 5:30-6:20 Darlene - Youth Room		

No Childcare until further notice

4:30 FIT Kids - outside only

**Parents please drop off and pick up children at the FBC Fitness Trail.
Please make sure children have gone to the restroom before arriving.
Bring a water bottle. Rainy days-No kids class.**