



B'more Fit Studio

B'MORE FIT STUDIO FITNESS SCHEDULE APR-JUN 2017
 1718 Belmont Avenue, Suite B* Windsor Mill, MD 21244* 443-579-5805

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										9:00am	Zumba
										10:00am	Kettlebell AMPD
12:00pm	Line Dancing										
		2:00pm	Zumba Gold								
5:00pm	Step It Up	5:00pm	Zumba	5:00pm	Zuyo	5:00pm	Zumba				
6:00pm	Strong by Zumba	6:00pm	R.I.P.P.E.D. Boot Camp	6:00pm	Kettlebell AMPD	6:00pm	R.I.P.P.E.D. Boot Camp				
7:00pm	FGRB Boot Camp	7:00pm	FGRB Boot Camp	7:00pm	Island Heat	7:00pm	Zumba Toning				
8:00pm	World Dance by London	8:00pm	Sacred Space	8:00pm	BOUNCE*	8:00pm	Cranked Up Cardio				

SUNDAY	
10:00am	Yoga by Appt
11:00am	Hot Hula Fitness
12:00pm	Line Dancing

Most classes \$7. For our 5th Year Anniversary, we are offering 5 classes \$5 each: Island Heat, Line Dancing, Step It Up, Zumba and Zuyo

BOUNCE* - Kangoo Jump (bounce boots) cardio class. We have boots, however limited quantities. Cost \$10/class fee or \$7/class members.