



B'more Fit Studio

B'MORE FIT STUDIO FITNESS SCHEDULE SEPT - DEC 2017

1718 Belmont Avenue, Suite B* Windsor Mill, MD 21244* 443-579-5805

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										8:00am	Hot Hula Fitness
										9:00am	Zumba
										10:00am	Kettlebell AMPD
12:00pm	Line Dancing									11:00am	Boxing Boot Camp
		2:00pm	Zumba Gold								
5:00pm	Step It Up	5:00pm	Zumba	5:00pm	Zuyo	5:00pm	Glutes & Abs				
6:00pm	Strong by Zumba	6:00pm	R.I.P.P.E.D.	6:00pm	Kettlebell AMPD	6:00pm	Zumba				
7:00pm	Body Lab	7:00pm	Boxing Boot Camp	7:00pm	Island Heat	7:00pm	Zumba Toning				
8:00pm	Hot Hula Fitness	8:00pm	Sacred Space	8:00pm	BOUNCE*	8:00pm	Boxing Boot Camp				
											SUNDAY
										10:00am	Yoga by Appt Only
										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.

Meal Plan offered at R.I.P.P.E.D. and Boxing Boot Camp classes to participants, if requested.