

JANUARY 2015

Group Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  17200 North May Suites 400, 600 Edmond, OK 73012 405-285-4876 www.blfit.com		30 		1 Bubbly Burn! New Year's Day 9:00a - 10:00a	2 9:00a-10:00a - Piloxing	3 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch 9:15a-10:00a - R.I.P.P.E.D.
4	5 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	6 9:00a-9:30a - FullBodyBlast 6:00p-6:45p - Muscle Mix	7 6:00a-7:00a - Boot Camp* 9:45a-10:15a - Barre Above 6:00p-7:00p - Piloxing	8 9:00a-10:00a - Yoga Fit 6:00p-6:45p - R.I.P.P.E.D.	9 6:00a-7:00a - Boot Camp* 9:00a-10:00a - Piloxing	10 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch 9:15a-10:00a - R.I.P.P.E.D.
11	12 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	13 9:00a-9:30a - FullBodyBlast 6:00p-6:45p - Muscle Mix	14 6:00a-7:00a - Boot Camp* 9:45a-10:15a - Barre Above 6:00p-7:00p - Piloxing	15 9:00a-10:00a - Yoga Fit 6:00p-6:45p - R.I.P.P.E.D.	16 6:00a-7:00a - Boot Camp* 9:00a-10:00a - Piloxing	17 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch 9:15a-10:00a - R.I.P.P.E.D.
18	19 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	20 9:00a-9:30a - FullBodyBlast 6:00p-6:45p - Muscle Mix	21 6:00a-7:00a - Boot Camp* 6:00p-7:00p - Piloxing	22 9:00a-10:00a - Yoga Fit 6:00p-6:45p - R.I.P.P.E.D.	23 6:00a-7:00a - Boot Camp* 9:00a-10:00a - Piloxing	24 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch 9:15a-10:00a - R.I.P.P.E.D.
25	26 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	27 9:00a-9:30a - FullBodyBlast 6:00p-6:45p - Muscle Mix	28 6:00a-7:00a - Boot Camp* 9:45a-10:15a - Barre Above 6:00p-7:00p - Piloxing	29 9:00a-10:00a - Yoga Fit 6:00p-6:45p - R.I.P.P.E.D.	31 6:00a-7:00a - Boot Camp* 9:00a-10:00a - Piloxing	31 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch 9:15a-10:00a - R.I.P.P.E.D.

*Class requires additional payment. \$25 for 1 week: Mon / Wed / Fri (Boot Camp / 6am classes)