

NFB Fitness January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12/31 10am RIPPED	1 10a Box45	2 9:30a Bootcamp 5p HIIT/ Core 6p Tabata	3 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	4 9:30a Yoga Flow 5p Strength Trng 6p Strength Trng	5 6:15a Box 45	6 8:30a Box45 9:30a Box45 11:30a Kids Box
7 9am Bootcamp	8 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	9 9:30a Box45 5p Strength Trng 6p Pure Cardio	10 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	11 9:30a Bootcamp 5p HIIT/Core 6p Tabata	12 6:15a Box 45	13 8:30a Box45 9:30a Box45 11:30a Kids Box
14 9am Bootcamp	15 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	16 9:30a Bootcamp 5p RIPPED 6p HIIT/ Core	17 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	18 9:30a Yoga Flow 5P Strength Trng 6P Stretch Lab	19 6:15a Box 45	20 8:30a Box45 9:30a Box45 11:30a Kids Box
21 9am NO CLASS	21 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	22 9:30a Bootcamp 5p HIIT/ Core 6p Bootcamp	23 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	24 9:30a Bootcamp 5p Tabata 6p HIIT/ Core	25 6:15a Box45	27 8:30a Box45 9:30a Box45 11:30a Kids Box
28 9am Bootcamp	29 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	30 9:30a Bootcamp 5p HIIT/ Core 6p HIIT/ Core	31 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	2/1 9:30a Yoga Flow 5p RIPPED	2/3 6:15a Box45	2/4 8:30a Box45 9:30a Box45 11:30a Kids Box

Kids Boxing Saturdays @ 11:30a \$75 for the month. It'll be FUN: