

# NFB Fitness May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/30 10am <b>Bootcamp</b>	1 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	2 9:30a Bootcamp 5p RIPPED 6p Bootcamp	3 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	4 9:30a Yoga Flow 5p CORE 6p Yoga Flow	5 6:15a Box 45	6 8:30a Box45 9:30a Box45
7 10am <b>Bootcamp</b>	8 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	9 9:30a Step Aero 5p Strength trng 6p Interval Trng	10 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	11 9:30a Yoga Flow 5p Step Aero 6p Tabata	13 6:15a Box 45	13 8:30a Box45 9:30a Box45
14 <b>NO Class Holiday</b>	15 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	16 9:30a Bootcamp 5p RIPPED 6p Tabata	17 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	18 9:30a Yoga Flow 5p Core 6p Yoga	19 6:15a Box 45	20 8:30a Box45 9:30a Box45
21 10am <b>Bootcamp</b>	22 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	23 9:30a Bootcamp 5p Core 6p Interval Trng	24 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	25 9:30a Yoga Flow 5p RIPPED 6p Bootcamp	26 6:15a Box 45	27 8:30a Box45 9:30a Box45
28 10am <b>Bootcamp</b>	29 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	30 9:30a Bootcamp 5p HIIT Max 6p HIIT Max	31 6:15a Box 45 9:30a Box45 5p Box45 6p Box45	6/1 9:30a Yoga Flow 5p Strength Trng 6p Strength Trng	6/2 6:15a Box 45	6/3 8:30a Box45 9:30a Box45