

**BUSY BODIES FITNESS SCHEDULE**  
**Jan 2023 thru April 2023**



**Monday**

- 6am – BootCamp - Meg
- 9am – Fit for Life Senior Dance (Kim)
- 10am – Tone Time Strength Training (Kim)
- 11am – TRX Interval (Kim)
- Noon – FXL45 (Kim)
- 4:30pm – Tone Time Strength Training (Kim)



**Tuesday**

- 9:00am – Senior Circuit (Helen)
- 10:00am – PWR! Moves (Leslie)
- 11:00am – Core Dynamics (Iris)
- Noon – Kickbutt Kettlebell (LaShay)

**Wednesday**

- 6am – BootCamp (Meg)
- 9am – Fit for Life (Kim)
- 10am – Tone Time Strength Training (Kim)
- 11am – Butts & Guts (Kim)
- Noon – HIIT (Becki)
- 4:30 – Tone Time Strength Training(Amanda)



**Thursday**

- 9:00am – Senior Circuit (Iris)
- 10:00am – PWR! Moves (Leslie)
- 11:00am – Core Dynamics (Kim)
- Noon – HIIT (Helen)

**Friday**

- 9am – Tai Chi (Melodee)
- 10am – Tone Time Strength (Kim)
- 11am - Restorative Yoga (LaShay)



**Saturday**

- 9:30am – Shakin A Dance Class (Kim)
- 10:30am – HIIT w/Step (Kim)