

BUSY BODIES FITNESS SCHEDULE October 2024 to April 2025



CLASS MINIMUM IS 2 PEOPLE

Monday

6am – Bootcamp (Meg)
9am – Shakin “A” Dance (Kim)
10am – Tone Time Strength Training (Kim)
Noon – Step Interval or FXL45 (Kim)
4:30pm – Tone Time Strength (Meg/Kim)

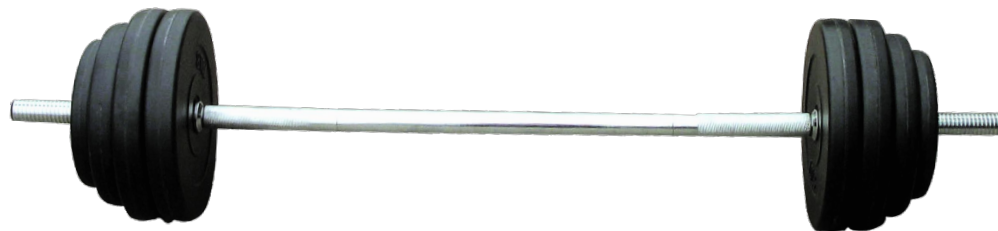


Tuesday

9am – Tone Time Strength (Helen/Kim)
10:00am – PWR! Moves (Leslie)
11:00am – Core Dynamics (LaShay)
Noon – Kickbutt Kettlebell (LaShay)

Wednesday

6am – Bootcamp (Meg)
9am – Dance Fusion Strength Training (Kim)
10am – Tone Time Strength Training (Kim)
Noon – HIIT (Becki)
4:30pm – Tone Time Strength Training (Eric)



Thursday

9:00am – Tone Time Strength (Iris)
10:00am – PWR! Moves (Leslie)
11:00am – Core Dynamics (Helen/Kim)
Noon – HIIT (Helen/Kim)

Friday

8:45am - Beginning Tai Chi for Better Balance (Melodee)
10am – Tone Time Strength (Helen/Kim)
Noon – TRX Interval (Kim)

Saturday

9:30am – Shakin “A” Dance (Kim)
10:30am – **Step Interval** – the 1st and 3rd Saturdays
Aerobic Kickboxing the 2nd and 4th Saturdays (Kim)

