

Carmel Baptist Fitness Class Calendar – May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Join us in Worship 8:00, 9:30 or 11:00	4 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	5 9:15 Total Strength- Andrea	6 8:15 Pilates-TBA 9:15 Cardio Dance/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	7 9:15 Tabata-Andrea	8 8:15 Core Sculpt-Tracie 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	9
10 Join us in Worship 8:00, 9:30 or 11:00	11 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	12 9:15 Total Strength- Andrea	13 8:15 Pilates-Eva 9:15 Step/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	14 9:15 Tabata-Andrea	15 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	16
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