



September 2018

www.brownwoodfitnesscenter.com

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	5:00 AM UPSTAIRS	Bobbie		Bobbie			"Like" us on Facebook & Join our "BFC Group Fit" Group
	5:30 AM	Lee	Lee	Lee	Lee	Lee	325-641-3488 104 Center Ave.
	8:30 AM		Stacey		Krystal		9:00 AM TEAM
	9:30 AM	Connie	Stacey	Stacey	Stacey	Connie	10:00 AM TEAM
	9:30 AM UPSTAIRS	Leslie		Leslie			10:00 AM UPSTAIRS TEAM
	10:40 AM	Stacey		Jody		Stretch w/Connie	<p>OFFICE HOURS:</p> <p>Monday-Thursday 8:00-7:30pm</p> <p>Friday 8:00-6:30</p> <p>Saturday 8:45-12:15</p> <p>CHILDCARE HOURS:</p> <p>Mornings</p> <p>Monday/Wed/Fridays 9:15am-12:00pm</p> <p>Tues/Thur 8:15am-12:00pm</p> <p>Saturday 8:45am-12:00pm</p> <p>Evenings</p> <p>Monday-Thursday</p>
	10:40 AM UPSTAIRS	Connie					
	11:00 AM		Leslie		Leslie	Hip Hop Cardio w/Leslie	
Afternoon	11:40 AM	Sunshine		Sunshine			
	12:00 PM		BF-CENIORS		BF-CENIORS		
	4:30 PM	Becky/Adam	Adam	Becky/Adam	Leah		
	5:00 PM UPSTAIRS		Bobbie		Bobbie	NEW TIME!!	
	5:40 PM UPSTAIRS	Adam		TEAM			
5:40 PM	Becky	Lee	Becky	Lee		<p>ADVOCARE WE BUILD CHAMPIONS®</p>	
7:15 PM	*Kung Fu Karate		*Kung Fu Karate				