

October 2013

Special Events / Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>2</div> <div></div> <div>17200 North May Suites 400, 600 Edmond, OK 73012 405-285-4876 www.blfit.com</div>	<div>1</div> <div>9:00a-9:30a - FullBodyBlast</div> <div>6:30p-7:15p - Power Sculpt</div>	<div>2</div> <div>Weigh-In TODAY! 6:00a-7:00a - Boot Camp* 8:30a-9:30a - Eclectic Yoga 9:45a-10:15a - Barre Above</div> <div>6:30p-7:15p - Cardio Kickbox</div>	<div>3</div> <div>9:00a-9:45a - Power Sculpt</div> <div>6:30p-7:15p - Zumba</div>	<div>4</div> <div>Attendance DRAWING! 6:00a-7:00a - Boot Camp* 9:00a-9:30a - H.I.I.T.</div>	<div>5</div> <div>8:00a-9:00a - BONUS BC 9:00a-9:45 am - Stretch 9:45a-10:30a - Zumba</div>	
<div>6</div>	<div>7</div> <div>6:00a-7:00a - Boot Camp* 9:00a-9:30a - Tush & Tummy</div> <div>8:30a-10:30a KiZE Concepts</div> <div>6:30p-7:30p - Ashtanga Yoga</div>	<div>8</div> <div>9:00a-9:30a - FullBodyBlast</div> <div>6:30p-7:15p - Power Sculpt</div>	<div>9</div> <div>Weigh-In TODAY! 6:00a-7:00a - Boot Camp* 8:30a-9:30a - Eclectic Yoga 9:45a-10:15a - Barre Above</div> <div>6:30p-7:15p - Cardio Kickbox</div>	<div>10</div> <div>9:00a-9:45a - Power Sculpt</div> <div>6:30p-7:15p - Zumba</div>	<div>11</div> <div>Attendance DRAWING! 6:00a-7:00a - Boot Camp* 9:00a-9:20a - H.I.I.T.</div> <div>8:00a-11:00a Stretches by Sal</div>	<div>12</div> <div>8:00a-9:00a - BONUS BC 9:00a-9:45 am - Stretch 9:45a-10:30a - Zumba</div>
<div>13</div>	<div>14</div> <div>6:00a-7:00a - Boot Camp* 9:00a-9:30a - Tush & Tummy</div> <div>8:00a-11:00a Sierra Keaster</div> <div>4:30p-6:00p Sierra Keaster</div> <div>6:30p-7:30p - Ashtanga Yoga</div>	<div>15</div> <div>9:00a-9:30a - FullBodyBlast</div> <div>8:00a-11:00a Thunderella</div> <div>4:30p-6:00p Thunderella</div> <div>6:30p-7:15p - Power Sculpt</div>	<div>16</div> <div>Weigh-In TODAY! 6:00a-7:00a - Boot Camp* 8:30a-9:30a - Eclectic Yoga 9:45a-10:15a - Barre Above</div> <div>6:30p-7:15p - Cardio Kickbox</div>	<div>17</div> <div>9:00a-9:45a - Power Sculpt</div> <div>6:30p-7:15p - Zumba</div>	<div>18</div> <div>Attendance DRAWING! 6:00a-7:00a - Boot Camp* 9:00a-9:30a - H.I.I.T.</div>	<div>19</div> <div>8:00a-9:00a - BONUS BC 9:00a-9:45 am - Stretch 9:45a-10:30a - Zumba</div>
<div>20</div>	<div>21</div> <div>6:00a-7:00a - Boot Camp* 9:00a-9:30a - Tush & Tummy</div> <div>8:00a-11:00a Nourished Food</div> <div>5:30p-6:30p Nourished Food</div> <div>6:30p-7:30p - Ashtanga Yoga</div>	<div>22</div> <div>9:00a-9:30a - FullBodyBlast</div> <div>6:30p-7:15p - Power Sculpt</div>	<div>23</div> <div>Weigh-In TODAY! 6:00a-7:00a - Boot Camp* 8:30a-9:30a - Eclectic Yoga 9:45a-10:15a - Barre Above</div> <div>8:00a-11:00a Gold Plated Food</div> <div>6:30p-7:15p - Cardio Kickbox</div>	<div>24</div> <div>9:00a-9:45a - Power Sculpt</div> <div>6:30p-7:15p - Zumba</div>	<div>25</div> <div>Attendance DRAWING! 6:00a-7:00a - Boot Camp* 9:00a-9:30a - H.I.I.T.</div>	<div>26</div> <div>8:00a-9:00a - BONUS BC 9:00a-9:45 am - Stretch 9:45a-10:30a - Zumba</div>
<div>27</div>	<div>28</div> <div>6:00a-7:00a - Boot Camp* 9:00a-9:30a - Tush & Tummy</div> <div>6:00p-7:00p Nourished Food Protein Workshop</div> <div>7:00p-8:00p - Ashtanga Yoga</div>	<div>29</div>	<div>30</div> <div>Weigh-In TODAY! 6:00a-7:00a - Boot Camp* 8:30a-9:30a - Eclectic Yoga 9:45a-10:15a - Barre Above</div> <div>6:30p-7:15p - Cardio Kickbox</div>	<div>31</div>	<div>1</div> <div>Attendance DRAWING!</div>	<div>Happy 1-Year Anniversary!</div> <div></div>

*Class requires additional payment. Green items part of business anniversary celebration—details on back!