

Fitness Classes January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			8:30 FB Stefanie 9:45 Go Low Patty	8:30 HIIT Stefanie 9:45 Barre Patty 6pm Cardio Sculpt Aja	8:30 FB Stefanie 9:45 YaH Rachel	
6	7	8	9	10	11	12
	8:30 FB Stefanie 9:45 Go Low Patty 4pm FB Rachel 6pm Pilates Michelle	8:30 HIIT Patty 9:45 YaH Rachel 6pm Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre Patty 6pm Cardio Sculpt Aja	8:30 FB Stefanie 9:45 YaH Rachel	
13	14	15	16	17	18	19
	8:30 FB Stefanie 9:45 Go Low Patty 4pm FB Rachel 6pm Pilates Michelle	8:30 HIIT Patty 9:45 YaH Rachel 6pm Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre Patty 6pm Cardio Sculpt Aja	8:30 FB Stefanie 9:45 YaH Rachel	
20	No School	22	23	24	25	26
	No Classes - Martin Luther King, Jr. Day	8:30 HIIT Patty 9:45 YaH Rachel 6pm Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre Patty 6pm Cardio Sculpt Angela	8:30 FB Stefanie 9:45 YaH Rachel	
27	28	29	30	31		
	8:30 FB Stefanie 9:45 Go Low Patty 4pm FB Rachel 6pm Pilates Michelle	8:30 HIIT Patty 9:45 YaH Rachel 6pm Cardio Sculpt Angela	8:30 FB Stefanie 9:45 Go Low Patty	8:30 Step Charlotte 9:45 Barre Patty 6pm Cardio Sculpt Aja		

*Receive Text alerts concerning changes, closures or cancellations- text FBCFITNESS to 57711 and follow the 2 step process!

* Like us on Facebook at First Baptist Concord Fitness Knoxville for updates and reminders.

* email questions or comments to fitness@fbconcord.org

