

August 2017- FBCC Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31 <i>6:15-7 PM Cardio & Strength (Kim)</i>	1 9:15-10 AM Deck of Cards (Tammy)	2	3 9:15-10 AM Kickboxing (Tammy) 6:15-7 PM Claim your # game (Kim)	4	5 1:30-4 PM Regional Food Bank(Kim)
7 6:15-7 PM HIIT (Kim)	8 9:15-10 AM Cardio & Strength(Tammy)	9	10 LAST SUMMER CLASS 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio & Strength (Kim)	11	12
14 FALL SESSION BEGINS 6:15-7 PM HIIT (Kim)	15 9:15-10 AM HIIT (Tammy)	16	17 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio/Strength (Kim)	18	19
21 6:15-7 PM HIIT (Kim)	22 9:15-10 AM HITT (Tammy)	23	24 9:15-10 AM Cardio & Strength (Tammy) 6:15-7 PM Cardio/Strength (Kim)	25	26
28 6:15-7 PM HIIT (Kim)	29 9:15-10 AM HIIT (Tammy)	30	31 9:15-10 AM *Kickboxing (Tammy) 6:15-7 PM *Kickboxing (Kim)	1	2

First Baptist Church Choctaw - www.fbcchoctaw.org/fitness - kreeves@fbcchoctaw.org

**Bag gloves needed for Kickboxing classes*