



**February 2020**

## Group Fitness Classes - Weekly Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:15am	B-FIT	B-FIT	B-FIT	Cycling	B-FIT	
8:30am	Cycling	Pump		Cycling	Mixxed Fit	
9:00am			Yoga			B-FIT
10:00am						Yoga
5:30pm	B-FIT	B-FIT	B-FIT	B-FIT		
	Pump		SPINn Crunch	HIIT		
6:30pm	Yoga	Mixxed Fit		Yoga		

All fitness levels are welcome to attend

All exercises can be modified by instructor as needed

Classes are 50 minutes

Brunswick Family Fitness 275 Palisade Dr Brunswick GA 31523 912-342-7051

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office hours: Mon-Thu 9am-1pm&4pm-7pm | Fri 9am-1pm&4pm-6pm | Sat 9am-1pm