

# MARCH SCHEDULE

## NFC COOKEVILLE



Phone: (931) 526-2500

### CLASS DESCRIPTIONS

BP-Body Pump    AMA-All Mighty Abs    FY-Fitness Yoga    C/A-Cycle and abs  
 BS-Body Step    C-Cycle    M-Muscle    20-20/20/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 CI    Lisa		8:30 C    Lisa 9:15 M    Carylnann	5:15 AMA    Jana	9:00 BS/C    Lisa	10:30 BP    Jana
	5:00 20    carissa	5:00 BS    Lisa 5:45 FY    Janice 6:30 BP    Jana		5:00 c/a    carissa		

**Club Hours Sun 12-5 Mon-Thurs 5-10 Fri 5-9 Sat 8-6**

**Childcare Hours Mon-Fri 8-12 & 4-8pm and Sat 8-12pm**

