

BML Fitness & Wellness Schedule

Note - Class dates and times may be subject to change; please check the BML Facebook page for updates.

| Time | Date | Class |
|------------------------|------------------------|-----------------------------------|
| 9:00 a.m. – 10:00 a.m. | Sunday, Jan 6, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Monday, Jan 7, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Jan 13, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Jan 14, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Jan 20, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Jan 21, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Jan 27, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Jan 28, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Feb 3, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Feb 4, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Feb 10, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Feb 11, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Feb 17, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Feb 18, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Feb 24, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Feb 25, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Mar 3, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Mar 4, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Mar 10, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Mar 11, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Mar 17, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Mar 18, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Mar 24, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, Mar 25, 2018 | Zumba® |
| 9:00 a.m. – 10:00 a.m. | Saturday, Mar 31, 2018 | Zumba Toning® and/or Core Workout |
| 9:00 a.m. – 10:00 a.m. | Sunday, April 1, 2018 | Zumba® |