

## January 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00am	8:30am **Butts & Guts <i>Sarah</i>	8:30am Cycle <i>Sarah</i>	8:30am **Butts & Guts <i>Sarah</i>	8:30am Cycle <i>Sarah</i>		8:30am *Barre <i>Therese</i>
9:00-10:00am	9am *Yoga <i>Therese</i>	9:30am *Cardio & Strength <i>Sarah</i>	9am *Cardio & Strength <i>Sarah</i>	9:30am *Cardio & Strength <i>Sarah</i>	9am *Yoga Flow <i>Therese</i>	9:30am Yoga Flow <i>Therese</i>
10:00-11:00am	10am *Pilates <i>Therese</i>	10:30am *Yoga Flow <i>Therese</i>	10am *Pilates <i>Therese</i>	10:30am *Gentle Yoga <i>Sarah</i>	10am *Barre <i>Therese</i>	
11:00a-12:00p	11am Chair Yoga & Strength <i>Therese</i>	11:30am *Pilates <i>Therese</i>	11am Gentle Yoga <i>Therese</i>		11am Chair Yoga & Strength <i>Therese</i>	
5:30-6:30pm		5:30pm Cycle and Core <i>Madison</i>	5:30pm *Cycle <i>Madison</i>	5:30pm Pilates <i>Therese</i>		
	Hours: Monday - Thursday 6am - 7pm Friday 6am - 5pm Saturday 8am - 1pm Sunday 9am - 1pm		** 30 minute class * 45 minute class		Contact us: 301-432-5206 <a href="mailto:staff.fitinboonsboro@gmail.com">staff.fitinboonsboro@gmail.com</a> 	