November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00am	6:15-7am *Circuit Training *Madison*		6:15-7am *Circuit Training *Madison*		6:15-7am *Circuit Training *Madison*	
8:30-9:30am	8:30am Pilates *Jaclyn*	8:45am **Cycle Express *Sarah*	8:30am Pilates *Jaclyn*	8:45am **Cycle Express *Sarah*		9:00am Flow and Flex *Annette*
9:30-10:30am	9:30am *Yoga Flow *Jaclyn*	9:30am Fit Strength *Sarah*	9:30am *Yoga Flow *Jaclyn*	9:30am Fit Strength *Sarah*	9:30am Circuit Training *Annette*	
10:30-11:30am	10:30am *Chair Yoga *Jaclyn*	10:30am *Gentle Yoga *Sarah*	10:30am *Senior Strength *Sarah*	10:30am *Gentle Yoga *Sarah*	10:30am *Senior Strength *Annette*	
4:30- 5:30pm	4:45pm Cardio & Strength *Madison*	5:00pm **Core Conditioning *Sarah*				
5:30-6:30pm		5:30pm *Cycle Express *Sarah*	5:30pm Cycle *Julia*	5:30pm Strong Pilates *Annette*		
fit in BoonsBoro	Monday - Thursday 6am - 7pm Friday 6am - 6pm Saturday 8am - 1pm Sunday 9am - 1pm		** 30 minute class * 45 minute class Schedule is subject to change for holidays, weather closures, or instructor illness.		Contact us: 301-432-5206 staff.fitinboonsboro@gmail.com fitinboonsboro.com	