

PowerFIT™ Fitness Schedule

May 2022						
SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5 7:00 pm to 8:00 pm Line Dancing w/Roger	6 7pm to 7:45 pm PowerFIT: Cardio Tami	7 8:30 am to 9am PowerFIT: Body & Bands Fai
8	9 7:45 pm to 8:15 pm PowerFIT: Cardio Tanisha	10	11	12 7:00 pm to 8:00 pm Line Dancing w/Roger	13 7pm to 7:45 pm PowerFIT: Cardio Tami	14 8:30am to 9am PowerFIT: Cardio Tami
15	16 7:30 pm to 8:15 pm PowerFIT: Cardio Carlotta	17	18	19 7:00 pm to 8:00 pm Line Dancing w/Roger	20	21
22	23 7:30 pm to 8:15 pm PowerFIT: Cardio Carlotta	24	25	26 7:00 pm to 8:00 pm Line Dancing w/Roger		28
29	30 Holiday!	31				

June 2022						
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			1	2 7:00 pm to 8:00 pm Line Dancing w/Roger	3	4 8:30 am to 9:15 am PowerFIT: Body & Bands Fai
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12	13 7:30 pm to 8:15 pm PowerFIT: Cardio Carlotta	14	15	16 7:00 pm to 8:00 pm Line Dancing w/Roger	17	18
19	20 7:30 pm to 8:15 pm PowerFIT: Cardio Carlotta Last class until Sept 12 th !	21	22	23	24	25
26	27	28	29	30		30

NO EXCUSES! BE PowerFIT!
 Ministry webpage: <https://www.fbhp.org/powerfit-ministry/>
 Facebook page: Powerfit_fbhp