

✦ FIRST BAPTIST FAMILY LIFE CENTER // Schedule for October 17-22, 2022

	MON. 10/17	TUES. 10/18	WED. 10/19	THURS. 10/20	FRI. 10/21	SAT. 10/22
8:00 - 9:00 AM	Fitness Class				Fitness Class	
9:00 - 10:00 AM			Pickleball			Pickleball
10:00 - 11:00 AM	Pickleball	Low Impact Exercise			Low Impact Exercise	
11:00 AM - 12 PM						
12:00 - 1:00 PM						
1:00 - 2:00 PM						
2:00 - 3:00 PM						
3:00 - 4:00 PM		Pickleball				
4:00 - 5:00 PM	Fitness Class		Fitness Class	Pickleball	Fitness Class	
5:00 - 6:00 PM		Fitness Class			Volleyball	
6:00 - 7:00 PM		Pickleball				
7:00 - 8:00 PM						

Cost for Fitness class is \$5.00 || Can be paid by cash or credit card

Contact Paul Katterjohn to schedule a fitness workout if the above times don't work with your schedule.

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