

[Www.bffli.com](http://www.bffli.com) phone 516/860-7453 - Doors Open 10 minutes before class starts

Text "Zumba" to 42828 to be added to the email list for all class updates!

**Special Class 1/20 @ 7:30 pm Bubbly Booty Barre with Gayle Sanders 7:30 pm RSVP**

### **Mondays**

9:15 am - 10:00 am	Tone and Stretch Bands	Darlene
10:15 am - 11:15 am	Zumba	Josine
11:30 am - 12:30 am	Mommy and Me program	RSVP
5:30 pm - 6:15 pm	Boot Camp	Wendy
6:30 pm - 7:15 pm	Total Body Blast	Darlene <b>last class 1/20</b>
6:30 pm - 7:15 pm	Warm YoCore	Sheryl <b>NEW-starts 1/27</b>
7:30 pm - 8:30 pm	Zumba and Bands	Darlene (no class 1/27 due to Barre Class)

### **Tuesdays**

9:00 am - 10:00 am	Ballet Barres	Bibi
10:15 am - 11:30 am	Zumba Toning	Karen
4:30 pm - 5:15 pm	Zumbatomics ages 5 - 8	Josine
7:00 pm - 8:00 pm	Piloxing	Amy
8:15 pm - 9:15 pm	Ballet Barre	Bibi ( <b>no class 2/11 &amp; 2/18</b> )

### **Wednesday**

9:30 am - 10:30am	Zumba	Bibi
5:30 pm - 6:15 pm	Boot Camp	Wendy
6:30 pm - 7:15 pm	Zumba /Pound	Darlene
7:30pm - 8:30pm	Zumba	Josine

### **Thursday**

9:00 am - 10:00am	Ballet Barres	Bibi
10:15 am - 11:15am	Zumba	Darlene
6:15 pm - 7:15 pm	Pilates	Magaret (mini session - Sold out)
7:30pm - 8:30 pm	Zumba / Strength	Josine

### **Friday**

9:30 am - 10:30am	Zumba	Bibi
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### **Saturday**

8:30am - 9:30am	Ballet Barre (BFF)	Bibi
9:45am - 10:45am	Zumba	Wendy

### **Sunday**

9:00 am - 10:00am	Zumba	Darlene
10:15 am -11:15am	Zumba	Josine
2:30 pm - 3:30 Pm	Kids Yoga	RSVP

**Note if we don't have three people in a class it will be cancelled. The instructor will give you a voucher to take your next class free. If this happens to the same class two weeks in a row it will be removed from schedule. So please check our online calendar or text 516/860-7453 to verify if your class is still on schedule if you notice low attendance.**

**For Melt Method classes please check the website under events tab.**