



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		<i>Kickboxing</i> Amy		<i>Kickboxing</i> Amy		
9:00AM	<i>Pi-Yo Blast</i> Tammy		<i>Turbo Kick</i> Tammy			<i>Instructor's Choice</i>
9:15AM		<i>Kickboxing</i> Amy		<i>Zumba</i> Michelle		
4:30 PM	<i>Conditioning Blast</i> Niki			<i>Conditioning Blast</i> Niki		
5:00PM	<i>Latin-Step</i> Ann		<i>Cardio Step</i> Ann			
5:30 PM		<i>Zumba</i> Tammy		<i>Turbo-Kick</i> Tammy		
6:00 PM	<i>Interval Training</i> Pat		<i>Core / Zumba</i> Pat			

120 East Main Street, Azle Texas 76020
 Phone: (817) 444.4800
 www.befx.com

Hours of Operation:
 M-Fri 4:30 a.m. to 9:00 p.m.
 Sat 7:00 a.m. to 5:00 p.m.
 Sun 12:00 p.m. to 5:00 p.m.

Kids Club:
 M-Sa 9:00 a.m. to 12:00 p.m.
 M-Th 4:00 p.m. to 8:00 p.m.