EVERY MONDAY 7PM IN THE BYRON AEROBICS ROOM:

FIT & FAITHFUL PRAYER WORKOUTS





ALL FAITHS AND FITNESS LEVELS WELCOME
TO JOIN US FOR A 3-CIRCUIT WORKOUT YOU CAN
DEDICATE AS A PRAYERFUL INTENTION
FOR SOMEONE OR SOMETHING IN YOUR LIFE



S	М	Т	W	Т	F	S	S	M	Т	W	Т	F	S
					1	2						1	2
3	4	5	6	7	8	9	3	4 U	5	6	7	8	9
	U						10	11	12	13	14	15	16
10	11 L	12	13	14	15	16	17	18	19	20	21	22	23
17	18	19	20	21	22	23		L					
	U						24	25	26	27	28	29	30
24	25 L	26	27	28			31	U					
APRIL							MAY						
S	M	Т	W	Т	F	S	S	M	Т	W	Т	F	S
	1 L	2	3	4	5	6				1	2	3	4
7	8 U	9	10	11	12	13	5	6 L	7	8	9	10	11
14	15 L	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29 U	30					26	27	28	29	30	31	