



Midtown Class Schedule

(602) 300-7664

6239 N. 7th Street.

Phoenix, AZ 85014

www.bbfitaz.com

<i>EMPHASIS</i>	<i>FULL BODY</i>	<i>EMPHASIS</i>	<i>EMPHASIS</i>	<i>FULL BODY</i>	<i>FULL BODY</i>	<i>50/50</i>
MON	TUE	WED	THU	FRI	SAT	SUN
5 - 6 AM	5 - 6 AM	5 - 6 AM	5 - 6 AM	5 - 6 AM		
6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:15 - 7:15 AM	6:30 - 7:30 AM	6:30 - 7:30 AM
7:30 - 8:30 AM	7:30 - 8:30 AM	7:30 - 8:30 AM	7:30 - 8:30 AM	7:30 - 8:30 AM	8:00 - 9:00 AM	8:00 - 9:00 AM
9 - 10 AM	9 - 10 AM	9 - 10 AM	9 - 10 AM	9 - 10 AM	9:30 - 10:30 AM	9:30 - 10:30 AM
3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM		
4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM	4:30 - 5:30 PM		
5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM			
6:30 - 7:30 PM	6:30 - 7:30 PM	6:30 - 7:30 PM	6:30 - 7:30 PM			