

FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS AND 2 GUEST

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FITNESS COMPLEX HOURS								
<u>Monday</u>	<u>Tues</u>	<mark>aday Wednesda</mark>		<mark>ay <u>Th</u></mark>	<mark>ursday Frida</mark>		ay	<u>Saturday</u>
9 am to 12 pm		o 12 pm 9 a	<mark>m to 12 p</mark>	om 9 am	to 12 pm	am to 1	2 pm	9 am to 1 pm
5 pm to 9 pm		o 9 pm		5 pr	n to 9 pm	First Friday (5 pm to 9		
March 2017 Fitness Complex Events								
Mon		Tue		Wed	Thu		Fri	Sat
9 am-12 pm Open Basketball	27	9 am-11 am Open Basket	iball 28	9 am-12 pm 1 Open Basketball	9 am-12 pm Open Basket	ball 2	9 am-12 pm 3 Open Basketball	9am-3 pm 4 Christian Fellowship
5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small (Group	5 pm-9 pm Open Basketb	all		5 pm-7 pm Open Basketb 7 pm-9 pm CFBL Practic 7 pm-8 pm Aerobic Toni	e	5 pm-9 pm Open Basketball	Basketball League Games (CFBL)
9 am-12 pm Open Basketball	6	9 am-11 am Open Baske		9 am-12 pm 8 Open Basketball	9 am-11 am Open Basket	ball 9	9 am-12 pm 10 Open Basketball	9 am-3 pm 11 Christian Fellowship
5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small (Group	5 pm-9 pm Open Basketball		9:30 am-10:30 am Walk & Tone	5 pm-7 pm Open Basketb 7 pm-9 pm CFBL Practic 7 pm-8 pm Aerobic Toni	e	Open basketball	Basketball League Games (CFBL)
9 am-12 pm Open Basketball	13	9 am-11 am Open Basket	tball 14	9 am-12 pm 15 Open Basketball	9 am-11 am Open Basket	ball 16	9 am-12 pm 17 Open Basketball	9 am-3 pm 18 Christian Fellowship
5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small		5 pm-9 pm Open Basketb	all	Open Baskelbail	5 pm-7pm Open Basketba 7 pm-9 pm CFBL Practic 7 pm-8 pm Aerobic Toni	e	Open Baskelball	Basketball League Games (CFBL)
9 am-12 pm Open Basketball	20	9 am-11 am Open Baske	tball 21		9 am-11 am Open Basket	ball 23	9 am-12 pm 24	9am-3 pm 25
5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small	Group	5 pm-9 pm Open Baskett	ball	Open Basketball 9:30 am-10:30 am Walk & Tone	5 pm-7 pm Open Basketb 7 pm-9 pm CFBL Practic 7 pm-8 pm Aerobic Toni	e	Open Basketball	Christian Fellowship Basketball League Games (CFBL)
9 am-12 pm Open Basketball	27	9 am-11 am Open Baske	tball 28	9 am-12 pm 29 Open Basketball	9 am-11 am Open Basketl	ball 30	9 am-12 pm 31 Open Basketball	Church 1 Meeting;
5 pm-7:30 pm Open Basketball 8 pm-8:30 pm BOD4GOD Small	Group	5 pm-9 pm Open Basketb	oall	· ·	5 pm-7 pm Open Basketba 7 pm-9 pm CFBL Practic 7 pm-8 pm Aerobic Tonii	е		Open After Meeting