

# MEBC H & W Ministry

## Agenda

### **2019 Winter/Spring Fitness Class Schedule**

**Saturday, 16 February 2019**

Class Name: Line Dancing

**Saturday, 23 February 2019**

Class Name: Afro-Fit

**Saturday, 2 March 2019**

Class Name: Yoga

**Saturday, 9 March 2019**

Class Name: **No Class**

**Saturday, 16 March 2019**

Class Name: Circuit Training

**Saturday, 23 March 2019**

Class Name: Hand Dancing

**Saturday, 30 March 2019**

Class Name: Line Dancing

**Saturday, 6 April 2019**

Class Name: Afro-Fit

**Saturday, 13 April 2019**

Class Name: Yoga

**Saturday, 20 April 2019**

Class Name: Hand Dancing

**Saturday, 27 April 2019**

Class Name: Circuit Training

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## Agenda

**Saturday, 4 May 2019**

Class Name: Line Dancing

**Saturday, 11 May 2019**

Class Name: Afro-Fit

**Saturday, 18 May 2019**

Class Name: Yoga

**Saturday, 25 May 2019**

Class Name: **No Class**

**Saturday, 1 June 2019**

Class Name: Hand Dancing

**Saturday, 8 June 2019**

Class Name: Circuit Training