

## Family Life Center

### MONDAY

5:00 am	FLC Opens
9:30 am	<i>Soul-Fit 4 Seniors</i> (Beginners)
11:00 am	<i>Soul-Fit 4 Seniors</i> (Intermediate)
6:00 pm	C.A.Y.A. (Faith Based Yoga)
8:00 pm	FLC Closes

### TUESDAY

5:00 am	FLC Opens
5:30 pm	<i>Sculpt-</i> Weightlifting/Exercise Class
7:30 pm	FLC Closes

### WEDNESDAY

5:00 am	FLC Opens
9:30 am	<i>Soul-Fit 4 Seniors</i> (Beginners)
11:00 am	<i>Soul-Fit 4 Seniors</i> (Intermediate)
5:00 pm	FLC Closed for Wednesday Night Church Activities

### THURSDAY

5:00 am	FLC Opens
5:30 pm	<i>Sculpt-</i> Weightlifting/Exercise Class
7:30 pm	FLC Closes

### FRIDAY

6:00 am	FLC Opens
12:00 pm	FLC Closes

*leading people into a life-changing relationship with CHRIST in  
montgomery and beyond*