

BSRI Nutrition Program

BSRI Nutrition Program Operating Hours:

February 2021	<i>*For more info call or email Sara at 910-363-0276 or sgoodwin@cityofbsl.org*</i> **Schedule is Subject to Change**			
Monday	Tuesday	Wednesday	Thursday	Friday
1 9am Move & Groove 10am Fit 4 Life	2 10am Silver Sneakers Stability	3 9am Move & Groove 10am Fit 4 Life	4	5 9am Move & Groove 10am Fit 4 Life
8 9am Move & Groove 10am Fit 4 Life	9 10am Silver Sneakers Stability	10 9am Move & Groove 10am Fit 4 Life	11	12 9am Move & Groove 10am Fit 4 Life
15 9am Move & Groove 10am Fit 4 Life	16 10am Silver Sneakers Stability	17 9am Move & Groove 10am Fit 4 Life	18	19 9am Move & Groove 10am Fit 4 Life
22 9am Move & Groove 10am Fit 4 Life	23 10am Silver Sneakers Stability	24 9am Move & Groove 10am Fit 4 Life	25	26 9am Move & Groove 10am Fit 4 Life
				