

# F45 BINGO

[myfreebingocards.com](http://myfreebingocards.com)

## **Safety First!**

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/q5pufsw](https://mfbc.us/e/q5pufsw)

## **Play**

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## **Virtual Bingo**

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](http://myfreebingocards.com/virtual-bingo).

## **Help**

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

## **Share**

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/q5pufsw](https://mfbc.us/s/q5pufsw)

## **Edit and Create**

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/q5pufsw](https://mfbc.us/e/q5pufsw)

Go to [myfreebingocards.com/bingo-card-generator](http://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## **Legal**

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](http://myfreebingocards.com/terms).

## **Have Fun!**

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Take a class with Coach Alex	Take a class with Coach Jacob	Take a class with Coach Maddie	Take a class with Coach Seneca	Take a class with Coach Chris	Take a class with Coach Dro	Take a class with Coach Tiffany
Download the F45Training App	Wear your Lionheart band	Do an In Body Stats	<b>Free Space</b>	Bring a guest to a workout	Leave us a review on google	Take a picture and tag us
Post your lionheart result	Post a selfie next to the F45 logo and tag us	Post a pic of you and your coach and tag us	Take a Saturday class	Take a Sunday Class	Tag us in F45 gear outside of the studio	Leave us a review on Facebook
<b>Take a Friday class</b>	Burn 500 calories in a session	Post your workout summary	Post your favorite thing about F45 and tag us			

Bingo Card ID 001

# F45 BINGO

Take a class with Coach Dro	Do an In Body Stats	Tag us in F45 gear outside of the studio	Leave us a review on Facebook	Take a Sunday Class
Post your lionheart result	Take a class with Coach Alex	Take a class with Coach Jacob	Take a Saturday class	<b>Free Space</b>
Take a class with Coach Maddie	Leave us a review on google	Take a class with CoachTiffany	Burn 500 calories in a session	Take a picture and tag us
Post a selfie next to the F45 logo and tag us	Bring a guest to a workout	Post your workout summary	Wear your Lionheart band	Post your favorite thing about F45 and tag us
Post a pic of you and your coach and tag us	Download the F45Training App	Take a class with Coach Chris	<b>Take a Friday class</b>	Take a class with Coach Seneca

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Bingo Card ID 002

# F45 BINGO

Take a class with Coach Jacob	<b>Take a Friday class</b>	Take a class with Coach Alex	Take a class with Coach Dro	Post a selfie next to the F45 logo and tag us
Post your lionheart result	Leave us a review on google	Take a class with Coach Chris	Take a class with Coach Maddie	Leave us a review on Facebook
Take a picture and tag us	Post your favorite thing about F45 and tag us	Download the F45Training App	Burn 500 calories in a session	Post your workout summary
<b>Free Space</b>	Do an In Body Stats	Take a class with CoachTiffany	Bring a guest to a workout	Tag us in F45 gear outside of the studio
<b>Take a Sunday Class</b>	Post a pic of you and your coach and tag us	Take a class with Coach Seneca	Take a Saturday class	Wear your Lionheart band

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Bingo Card ID 003

# F45 BINGO

Take a class with Coach Chris	Take a Saturday class	Take a class with Coach Jacob	Post your favorite thing about F45 and tag us	Post your workout summary
Take a class with Coach Seneca	Leave us a review on Facebook	Wear your Lionheart band	<b>Do an In Body Stats</b>	Take a class with Coach Tiffany
Leave us a review on google	<b>Take a Friday class</b>	Take a class with Coach Dro	Burn 500 calories in a session	Take a class with Coach Alex
Post a pic of you and your coach and tag us	Take a class with Coach Maddie	Bring a guest to a workout	Post a selfie next to the F45 logo and tag us	Take a picture and tag us
<b>Take a Sunday Class</b>	Tag us in F45 gear outside of the studio	Post your lionheart result	<b>Free Space</b>	Download the F45Training App

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Bingo Card ID 004

# F45 BINGO

Take a class with CoachTiffany	Tag us in F45 gear outside of the studio	Take a class with Coach Maddie	<b>Free Space</b>	Take a Friday class
Burn 500 calories in a session	Take a Saturday class	<b>Take a Sunday Class</b>	Take a picture and tag us	Take a class with Coach Jacob
Take a class with Coach Dro	Take a class with Coach Chris	Wear your Lionheart band	Leave us a review on google	Download the F45Training App
Post your favorite thing about F45 and tag us	Post a selfie next to the F45 logo and tag us	Leave us a review on Facebook	Take a class with Coach Seneca	Post your lionheart result
Take a class with Coach Alex	<b>Do an In Body Stats</b>	Post your workout summary	Bring a guest to a workout	Post a pic of you and your coach and tag us

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Bingo Card ID 005

# F45 BINGO

Tag us in F45 gear outside of the studio	<b>Free Space</b>	Take a class with CoachTiffany	Leave us a review on google	Bring a guest to a workout
Post a selfie next to the F45 logo and tag us	Take a class with Coach Jacob	Take a class with Coach Alex	Burn 500 calories in a session	Take a class with Coach Seneca
Wear your Lionheart band	<b>Do an In Body Stats</b>	Take a picture and tag us	Post your lionheart result	Post your workout summary
Leave us a review on Facebook	Download the F45Training App	Take a Saturday class	Post your favorite thing about F45 and tag us	Take a class with Coach Dro
Post a pic of you and your coach and tag us	Take a class with Coach Maddie	Take a class with Coach Chris	<b>Take a Friday class</b>	<b>Take a Sunday Class</b>

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Bingo Card ID 006

# F45 BINGO

Tag us in F45 gear outside of the studio	<b>Do an In Body Stats</b>	Take a class with Coach Dro	Leave us a review on Facebook	Wear your Lionheart band
Download the F45Training App	Take a class with Coach Alex	Leave us a review on google	<b>Take a Friday class</b>	Take a class with Coach Jacob
Take a Saturday class	Bring a guest to a workout	Take a class with Coach Chris	<b>Take a Sunday Class</b>	Post your workout summary
Post a selfie next to the F45 logo and tag us	Take a class with Coach Maddie	Take a class with CoachTiffany	Take a picture and tag us	Post your lionheart result
Post your favorite thing about F45 and tag us	Take a class with Coach Seneca	<b>Free Space</b>	Burn 500 calories in a session	Post a pic of you and your coach and tag us

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Bingo Card ID 007

# F45 BINGO

Take a picture and tag us	Download the F45Training App	<b>Take a Sunday Class</b>	Take a class with Coach Maddie	Wear your Lionheart band
Post a pic of you and your coach and tag us	Take a class with Coach Jacob	Take a class with Coach Alex	Leave us a review on Facebook	Post your workout summary
Leave us a review on google	Take a class with Coach Chris	Post your lionheart result	Burn 500 calories in a session	Take a Saturday class
Tag us in F45 gear outside of the studio	<b>Take a Friday class</b>	Post your favorite thing about F45 and tag us	Bring a guest to a workout	Take a class with CoachTiffany
Take a class with Coach Dro	Post a selfie next to the F45 logo and tag us	<b>Free Space</b>	Take a class with Coach Seneca	Do an In Body Stats

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Bingo Card ID 008

# F45 BINGO

Take a picture and tag us	Take a class with Coach Dro	Post a selfie next to the F45 logo and tag us	Post your lionheart result	Bring a guest to a workout
Download the F45Training App	Take a class with CoachTiffany	<b>Burn 500 calories in a session</b>	Tag us in F45 gear outside of the studio	<b>Free Space</b>
Take a class with Coach Jacob	Take a class with Coach Chris	Take a Saturday class	Leave us a review on google	Leave us a review on Facebook
Take a class with Coach Seneca	Do an In Body Stats	Wear your Lionheart band	Post your workout summary	<b>Take a Sunday Class</b>
Post your favorite thing about F45 and tag us	Post a pic of you and your coach and tag us	Take a class with Coach Alex	<b>Take a Friday class</b>	Take a class with Coach Maddie

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Bingo Card ID 009

# F45 BINGO

Post a selfie next to the F45 logo and tag us	Post your favorite thing about F45 and tag us	<b>Take a Friday class</b>	Take a class with Coach Maddie	Burn 500 calories in a session
Tag us in F45 gear outside of the studio	<b>Free Space</b>	Leave us a review on Facebook	Post your workout summary	Take a class with Coach Dro
Take a class with Coach Chris	Take a Saturday class	Take a picture and tag us	Leave us a review on google	Take a class with Coach Alex
Take a class with Coach Seneca	Post a pic of you and your coach and tag us	<b>Take a Sunday Class</b>	Download the F45Training App	Post your lionheart result
Bring a guest to a workout	Take a class with Coach Jacob	<b>Do an In Body Stats</b>	Wear your Lionheart band	Take a class with CoachTiffany

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Bingo Card ID 010

# F45 BINGO

Take a class with CoachTiffany	Take a class with Coach Maddie	<b>Take a Sunday Class</b>	Do an In Body Stats	Download the F45Training App
Take a class with Coach Alex	Post a pic of you and your coach and tag us	Leave us a review on google	Burn 500 calories in a session	Bring a guest to a workout
<b>Take a Friday class</b>	Wear your Lionheart band	Take a class with Coach Dro	Post your favorite thing about F45 and tag us	Take a class with Coach Jacob
Post your workout summary	Take a picture and tag us	Tag us in F45 gear outside of the studio	Take a class with Coach Seneca	<b>Free Space</b>
Post your lionheart result	Take a class with Coach Chris	Post a selfie next to the F45 logo and tag us	Leave us a review on Facebook	Take a Saturday class

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Bingo Card ID 011

# F45 BINGO

Do an In Body Stats	Take a class with Coach Seneca	Take a class with Coach Dro	Burn 500 calories in a session	Leave us a review on Facebook
Take a Saturday class	Post a selfie next to the F45 logo and tag us	Tag us in F45 gear outside of the studio	<b>Take a Friday class</b>	Take a class with Coach Jacob
Post a pic of you and your coach and tag us	Take a picture and tag us	<b>Take a Sunday Class</b>	Wear your Lionheart band	Post your workout summary
Take a class with Coach Alex	Take a class with Coach Chris	Take a class with Coach Maddie	Download the F45Training App	Take a class with Coach Tiffany
Bring a guest to a workout	Leave us a review on google	<b>Free Space</b>	Post your lionheart result	Post your favorite thing about F45 and tag us

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Bingo Card ID 012

# F45 BINGO

Take a class with Coach Alex	Post a pic of you and your coach and tag us	Take a Saturday class	Do an In Body Stats	Leave us a review on google
Post your favorite thing about F45 and tag us	<b>Take a Friday class</b>	Post your lionheart result	Take a class with Coach Seneca	Leave us a review on Facebook
Post your workout summary	Take a class with Coach Jacob	Burn 500 calories in a session	Wear your Lionheart band	Take a picture and tag us
Tag us in F45 gear outside of the studio	Take a class with Coach Tiffany	Take a class with Coach Dro	Post a selfie next to the F45 logo and tag us	Download the F45Training App
Bring a guest to a workout	Take a class with Coach Chris	<b>Take a Sunday Class</b>	Take a class with Coach Maddie	<b>Free Space</b>

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Bingo Card ID 013

# F45 BINGO

Take a class with Coach Jacob	Wear your Lionheart band	<b>Free Space</b>	Post a selfie next to the F45 logo and tag us	Post your favorite thing about F45 and tag us
<b>Take a Friday class</b>	Download the F45Training App	Leave us a review on Facebook	Take a picture and tag us	Take a Saturday class
Take a class with Coach Alex	Take a class with Coach Maddie	Take a class with Coach Dro	Leave us a review on google	Post a pic of you and your coach and tag us
Bring a guest to a workout	<b>Take a Sunday Class</b>	Burn 500 calories in a session	Post your lionheart result	Take a class with CoachTiffany
<b>Do an In Body Stats</b>	Post your workout summary	Tag us in F45 gear outside of the studio	Take a class with Coach Seneca	Take a class with Coach Chris

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Bingo Card ID 014

# F45 BINGO

Post your favorite thing about F45 and tag us	Wear your Lionheart band	<b>Free Space</b>	Post your workout summary	<b>Take a Friday class</b>
Download the F45Training App	Take a class with Coach Jacob	Take a class with Coach Chris	Post your lionheart result	Take a Saturday class
Leave us a review on google	Take a class with Coach Seneca	Take a class with Coach Alex	Bring a guest to a workout	Tag us in F45 gear outside of the studio
<b>Take a Sunday Class</b>	Burn 500 calories in a session	Take a class with CoachTiffany	Leave us a review on Facebook	Take a class with Coach Maddie
Take a class with Coach Dro	Take a picture and tag us	Post a selfie next to the F45 logo and tag us	Post a pic of you and your coach and tag us	<b>Do an In Body Stats</b>

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Bingo Card ID 015

# F45 BINGO

Post a pic of you and your coach and tag us	Post a selfie next to the F45 logo and tag us	Tag us in F45 gear outside of the studio	Take a class with Coach Alex	Do an In Body Stats
Take a class with Coach Chris	Take a class with Coach Tiffany	<b>Take a Friday class</b>	Leave us a review on Facebook	Burn 500 calories in a session
Take a Saturday class	<b>Free Space</b>	Take a class with Coach Maddie	Take a class with Coach Jacob	Take a class with Coach Dro
Wear your Lionheart band	Post your lionheart result	Leave us a review on google	Take a picture and tag us	Bring a guest to a workout
Take a class with Coach Seneca	Download the F45Training App	<b>Take a Sunday Class</b>	Post your workout summary	Post your favorite thing about F45 and tag us

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Bingo Card ID 016

# F45 BINGO

Burn 500 calories in a session	Take a Saturday class	Post your workout summary	Take a picture and tag us	Leave us a review on google
Take a class with Coach Tiffany	Take a class with Coach Seneca	Take a class with Coach Jacob	Wear your Lionheart band	<b>Take a Friday class</b>
Take a class with Coach Chris	<b>Take a Sunday Class</b>	Bring a guest to a workout	Tag us in F45 gear outside of the studio	Post your favorite thing about F45 and tag us
Take a class with Coach Alex	Take a class with Coach Dro	Post your lionheart result	Post a selfie next to the F45 logo and tag us	Take a class with Coach Maddie
<b>Free Space</b>	Post a pic of you and your coach and tag us	<b>Do an In Body Stats</b>	Leave us a review on Facebook	Download the F45Training App

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Bingo Card ID 017

# F45 BINGO

Tag us in F45 gear outside of the studio	Take a Saturday class	Leave us a review on Facebook	Take a picture and tag us	Wear your Lionheart band
<b>Free Space</b>	Post a pic of you and your coach and tag us	<b>Do an In Body Stats</b>	Take a class with Coach Maddie	Post a selfie next to the F45 logo and tag us
Post your favorite thing about F45 and tag us	<b>Take a Friday class</b>	Bring a guest to a workout	Post your lionheart result	Take a class with Coach Alex
Post your workout summary	Download the F45Training App	Take a class with Coach Seneca	<b>Take a Sunday Class</b>	Take a class with Coach Chris
Take a class with Coach Dro	Take a class with CoachTiffany	Burn 500 calories in a session	Leave us a review on google	Take a class with Coach Jacob

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Bingo Card ID 018

# F45 BINGO

Post your workout summary	<b>Do an In Body Stats</b>	Bring a guest to a workout	<b>Free Space</b>	Take a class with Coach Jacob
<b>Take a Friday class</b>	Take a class with Coach Dro	Take a Saturday class	<b>Take a Sunday Class</b>	Take a class with Coach Chris
Take a class with CoachTiffany	Tag us in F45 gear outside of the studio	Post your lionheart result	Post your favorite thing about F45 and tag us	Post a selfie next to the F45 logo and tag us
Take a class with Coach Maddie	Leave us a review on google	Post a pic of you and your coach and tag us	Leave us a review on Facebook	Download the F45Training App
Burn 500 calories in a session	Take a class with Coach Alex	Take a class with Coach Seneca	Take a picture and tag us	Wear your Lionheart band

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Bingo Card ID 019

# F45 BINGO

Leave us a review on google	Post your lionheart result	Wear your Lionheart band	Post your workout summary	Post your favorite thing about F45 and tag us
Download the F45Training App	Post a selfie next to the F45 logo and tag us	<b>Free Space</b>	<b>Take a Friday class</b>	<b>Take a Sunday Class</b>
Take a class with Coach Chris	Take a picture and tag us	Take a class with Coach Dro	Leave us a review on Facebook	Take a class with Coach Maddie
Take a class with Coach Alex	Post a pic of you and your coach and tag us	Take a class with Coach Jacob	Burn 500 calories in a session	Bring a guest to a workout
Tag us in F45 gear outside of the studio	Take a class with Coach Seneca	Take a Saturday class	Take a class with CoachTiffany	<b>Do an In Body Stats</b>

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Bingo Card ID 020

# F45 BINGO

Take a Friday class	Take a class with Coach Maddie	Leave us a review on google	Take a Saturday class	Bring a guest to a workout
Take a class with Coach Alex	<b>Take a Sunday Class</b>	Post a pic of you and your coach and tag us	Tag us in F45 gear outside of the studio	<b>Do an In Body Stats</b>
Wear your Lionheart band	Take a class with Coach Seneca	Post your lionheart result	Post your workout summary	Post a selfie next to the F45 logo and tag us
Take a class with Coach Jacob	Download the F45Training App	Take a class with CoachTiffany	Take a picture and tag us	Take a class with Coach Chris
Burn 500 calories in a session	Leave us a review on Facebook	<b>Free Space</b>	Post your favorite thing about F45 and tag us	Take a class with Coach Dro

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Bingo Card ID 021

# F45 BINGO

Take a class with Coach Maddie	Take a Sunday Class	Take a Saturday class	Post a pic of you and your coach and tag us	Take a class with Coach Dro
Take a class with Coach Chris	Tag us in F45 gear outside of the studio	Take a class with Coach Tiffany	<b>Free Space</b>	Burn 500 calories in a session
Download the F45Training App	Leave us a review on Facebook	Take a picture and tag us	Wear your Lionheart band	Post your favorite thing about F45 and tag us
Take a class with Coach Alex	Take a class with Coach Jacob	Bring a guest to a workout	<b>Take a Friday class</b>	Post your workout summary
Leave us a review on google	<b>Do an In Body Stats</b>	Post your lionheart result	Take a class with Coach Seneca	Post a selfie next to the F45 logo and tag us

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Bingo Card ID 022

# F45 BINGO

Post your workout summary	Bring a guest to a workout	<b>Free Space</b>	Post your favorite thing about F45 and tag us	Take a Sunday Class
Tag us in F45 gear outside of the studio	Take a class with Coach Alex	<b>Do an In Body Stats</b>	Post a selfie next to the F45 logo and tag us	Burn 500 calories in a session
Take a picture and tag us	Take a class with Coach Jacob	Take a class with Coach Seneca	Post your lionheart result	Take a class with Coach Dro
Download the F45Training App	<b>Take a Friday class</b>	Take a class with Coach Maddie	Leave us a review on Facebook	Post a pic of you and your coach and tag us
Take a class with Coach Tiffany	Wear your Lionheart band	Take a class with Coach Chris	Take a Saturday class	Leave us a review on google

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Bingo Card ID 023

# F45 BINGO

Post your lionheart result	Post your favorite thing about F45 and tag us	Bring a guest to a workout	Take a class with Coach Alex	Download the F45Training App
Take a class with Coach Maddie	Take a picture and tag us	Take a class with Coach Chris	Take a class with CoachTiffany	Post a selfie next to the F45 logo and tag us
Take a class with Coach Jacob	Post your workout summary	Leave us a review on google	Post a pic of you and your coach and tag us	Wear your Lionheart band
Take a Friday class	Take a class with Coach Seneca	Take a Sunday Class	Take a Saturday class	<b>Free Space</b>
Leave us a review on Facebook	Take a class with Coach Dro	Burn 500 calories in a session	Do an In Body Stats	Tag us in F45 gear outside of the studio

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Bingo Card ID 024

# F45 BINGO

Take a class with Coach Seneca	Take a class with Coach Chris	Leave us a review on google	Do an In Body Stats	Post your lionheart result
Take a Sunday Class	Take a Saturday class	Wear your Lionheart band	Take a class with CoachTiffany	Tag us in F45 gear outside of the studio
Take a Friday class	Post a pic of you and your coach and tag us	<b>Free Space</b>	Post your workout summary	Post a selfie next to the F45 logo and tag us
Take a class with Coach Alex	Bring a guest to a workout	Download the F45Training App	Post your favorite thing about F45 and tag us	Leave us a review on Facebook
Take a class with Coach Dro	Take a class with Coach Maddie	Burn 500 calories in a session	Take a class with Coach Jacob	Take a picture and tag us

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Bingo Card ID 025

# F45 BINGO

Take a class with Coach Chris	<b>Take a Friday class</b>	Take a class with CoachTiffany	<b>Free Space</b>	Download the F45Training App
Post a selfie next to the F45 logo and tag us	<b>Post your workout summary</b>	Bring a guest to a workout	Post your favorite thing about F45 and tag us	Take a picture and tag us
Post your lionheart result	<b>Take a Saturday class</b>	<b>Do an In Body Stats</b>	Take a class with Coach Maddie	Take a class with Coach Seneca
Take a class with Coach Jacob	Wear your Lionheart band	Leave us a review on Facebook	Take a class with Coach Dro	<b>Take a Sunday Class</b>
Post a pic of you and your coach and tag us	Tag us in F45 gear outside of the studio	Take a class with Coach Alex	Burn 500 calories in a session	Leave us a review on google

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Bingo Card ID 026

# F45 BINGO

<b>Bring a guest to a workout</b>	Post a pic of you and your coach and tag us	Post your favorite thing about F45 and tag us	Take a class with Coach Jacob	Leave us a review on google
<b>Burn 500 calories in a session</b>	Take a picture and tag us	<b>Post your workout summary</b>	Take a class with Coach Maddie	<b>Post your lionheart result</b>
<b>Free Space</b>	Take a class with Coach Alex	Tag us in F45 gear outside of the studio	Download the F45Training App	<b>Take a Sunday Class</b>
Take a class with Coach Chris	Take a class with Coach Seneca	<b>Take a Friday class</b>	Wear your Lionheart band	<b>Take a Saturday class</b>
Take a class with Coach Dro	Post a selfie next to the F45 logo and tag us	<b>Do an In Body Stats</b>	Leave us a review on Facebook	Take a class with CoachTiffany

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Bingo Card ID 027

# F45 BINGO

Tag us in F45 gear outside of the studio	Post a pic of you and your coach and tag us	Take a picture and tag us	Take a class with CoachTiffany	Take a Friday class
Take a class with Coach Maddie	Burn 500 calories in a session	Bring a guest to a workout	Wear your Lionheart band	Take a class with Coach Seneca
<b>Free Space</b>	Take a class with Coach Chris	Post your workout summary	Download the F45Training App	Take a class with Coach Dro
Post a selfie next to the F45 logo and tag us	Take a Sunday Class	Take a Saturday class	Post your favorite thing about F45 and tag us	Post your lionheart result
Do an In Body Stats	Take a class with Coach Alex	Take a class with Coach Jacob	Leave us a review on Facebook	Leave us a review on google

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Bingo Card ID 028

# F45 BINGO

Post your lionheart result	Take a class with Coach Dro	Take a picture and tag us	Take a class with Coach Alex	Leave us a review on google
Take a class with Coach Maddie	Take a class with Coach Seneca	Take a class with CoachTiffany	Bring a guest to a workout	Take a Saturday class
Download the F45Training App	Take a class with Coach Chris	Take a class with Coach Jacob	Post your favorite thing about F45 and tag us	Post a selfie next to the F45 logo and tag us
<b>Free Space</b>	Do an In Body Stats	Post a pic of you and your coach and tag us	Leave us a review on Facebook	Take a Friday class
Wear your Lionheart band	Take a Sunday Class	Burn 500 calories in a session	Post your workout summary	Tag us in F45 gear outside of the studio

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Bingo Card ID 029

# F45 BINGO

Post your lionheart result	Do an In Body Stats	Take a class with Coach Seneca	Bring a guest to a workout	Free Space
Post a pic of you and your coach and tag us	Burn 500 calories in a session	Download the F45Training App	Post your workout summary	Post a selfie next to the F45 logo and tag us
<b>Take a Friday class</b>	Take a Saturday class	Wear your Lionheart band	Take a class with CoachTiffany	Leave us a review on google
Take a class with Coach Chris	Take a class with Coach Jacob	Take a class with Coach Maddie	Leave us a review on Facebook	Take a picture and tag us
<b>Take a Sunday Class</b>	Take a class with Coach Alex	Take a class with Coach Dro	Post your favorite thing about F45 and tag us	Tag us in F45 gear outside of the studio

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Bingo Card ID 030

# F45 BINGO

Take a Sunday Class	Post a pic of you and your coach and tag us	Burn 500 calories in a session	Leave us a review on google	Take a class with CoachTiffany
Leave us a review on Facebook	Take a Saturday class	Take a class with Coach Maddie	<b>Post your lionheart result</b>	Take a picture and tag us
Take a class with Coach Dro	<b>Take a Friday class</b>	Tag us in F45 gear outside of the studio	<b>Free Space</b>	Do an In Body Stats
Post your workout summary	Take a class with Coach Jacob	Take a class with Coach Chris	Post your favorite thing about F45 and tag us	Download the F45Training App
Bring a guest to a workout	Take a class with Coach Seneca	Take a class with Coach Alex	Post a selfie next to the F45 logo and tag us	Wear your Lionheart band

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