

The FLEX®

Fitness For Every Body

Week of: 4.17.17 – 4.23.17

****Schedule subject to change****

M	T	W	T	F	Sa	Su
5:30 SHRED MARGUERITE	5:30 BCC MINDY	5:30 SHRED MARGUERITE	5:30 SHRED EXTREME MARGUERITE	5:30 K.I.C.K MINDY		
					7:30 SHRED EXTREME LESLIE	
8:30 SHRED LESLIE	9:30 FUZION ERIKA	8:30 SHRED EMILY	8:30 IGNITE REBEKAH	8:30 SHRED EMILY	8:30 SHRED ERIKA	
9:30 SHRED EMILY	9:30 IGNITE LESLIE	9:30 SHRED EXTREME REBEKAH	9:30 BURN ERIKA	9:30 SHRED KELLY	9:30 CARDIO CARE INTERVAL TRAINING AMANDA	
	11:30 SHRED REBEKAH		11:30 SHRED EMILY			
						3:30 STEP MANIA MINDY
4:30 SHRED REBEKAH	4:30 BCC KELLY	4:30 SHRED EXTREME MINDY	4:30 IGNITE MICHELLE	4:30 SHRED LINDSAY		4:30 CARDIO BARRE ALLIE
6:00 SHRED TARA	6:00 IGNITE PAM	6:00 SHRED EXTREME MARIA	6:00 YOGA KELLY			