

The FLEX[®]

Fitness For Every Body

Week of: 6.19.17 – 6.25.17

***Please note Saturday Fuzion will be at 9am on the 24th**

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

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