

The**FLEX**[®]

Fitness For Every Body

8.07.17 – 8.13.17

M	T	W	T	F	Sa	Su
5:30 SHRED MARGUERITE	5:30 BCC AMANDA	5:30 SHRED MARGUERITE	5:30 SHRED EXTREME REBEKAH	5:30 KICK MINDY		
					7:30 SHRED X MINDY	7:30 SHRED LESLIE
8:30 SHRED DIANNE	8:30 FUZION ERIKA	8:30 SHRED EMILY	8:30 IGNITE LESLIE	8:30- 10:00am SHRED & STRETCH KELLY	8:30 CARDIO BARRE ALISON	8:30 FLEX FORCE STENGTH KELLY
9:30 SHRED REBEKAH	9:30 IGNITE EMILY	9:30 FLEX FORCE CARDIO STRENGTH EMILY	9:30 CARDIO EMILY			
				10:00- 11:00 am SHRED X EMILY		
	11:30 SHRED SUSAN	11:30-12:15 CARDIO REBEKAH	11:30 SHRED MINDY			
4:30 SHRED MICHELLE	4:30 BCC REBEKAH	4:30 FLEX FORCE STRENGTH MINDY	4:30 FLEX FORCE CARDIO STRENGTH KELLY			
6:00 FLEX FORCE CARDIO STRENGTH EMILY	6:00 FLEX FORCE CARDIO CORE MARGUERITE	6:00 FLEX FORCE STRENGTH REBEKAH	6:00 YOGA KELLY			