

The FLEX[®]

Fitness For Every Body

10.09.17 – 10.15.17

M	T	W	T	F	Sa		Su
5:30 SHRED AMANDA	5:30 BCC MINDY	5:30 SHRED MARGUERITE	5:30 SHRED EXTREME MARGUERITE	5:30 CARDIO CORE INTERVAL TRAINING AMANDA			
					7:30 SHRED EXTREME LESLIE		7:30 SHRED TARA
8:30 SHRED EMILY	8:30 FUZION ERIKA	8:30 SHRED SUSAN	8:30 IGNITE KELLY	8:30-10:00am SHRED & STRETCH MICHELLE	8:30 FUZION ALLIE	8:30 SHRED (IN IRON GYM) ERIKA	8:30 FLEX FORCE STRENGTH MINDY
9:30 SHRED REBEKAH	9:30 IGNITE SUSAN	9:30 FLEX FORCE CARDIO STRENGTH REBEKAH	9:30 CARDIO MINDY				
				10:00- 11:00am SHRED EXTREME KELLY			
	11:30 SHRED REBEKAH	11:30-12:15 CARDIO REBEKAH	11:30 SHRED EMILY				
4:30 SHRED LESLIE	4:30 BCC EMILY	4:30 FLEX FORCE STRENGTH MICHELLE	4:30 FLEX FORCE CARDIO STRENGTH ERIKA				
6:00 SHRED (IN IRON GYM) PAM	6:00 IGNITE (IN IRON GYM) REBEKAH	6:00 FLEX FORCE STRENGTH (IN IRON GYM) EMILY	6:00 BAPTISTE YOGA (IN IRON GYM) KELLY				