

# The FLEX®

**Fitness For Every Body**

\*\*\*WORKSHOP WEDNESDAYS –TOTAL BODY FOCUS

\*Schedule Shake-up starting Sunday, December 3<sup>rd</sup>\*

Sunday classes in December will change to 3:30pm and be a rotation. Be sure to check the schedule each week to see what class will be offered.

11.27.17 – 12.03.17

M		T		W		T		F		Sa		Su	
5:30-6:30 SHRED (STUDIO A) MARGUERITE		5:30-6:30 BCC (STUDIO A) REBEKAH		***5:30-6:30 TOTAL BODY FOCUS (STUDIO A) MARGUERITE		5:30-6:30 SHRED EXTREME (STUDIO A) AMANDA		5:30-6:30 (STUDIO A) K.I.C.K MINDY					
										7:30-8:30 SHRED EXTREME (STUDIO A) AMANDA			
8:30-9:30 SHRED (STUDIO A) EMILY		8:30-9:30 FUZION (STUDIO A) ERIKA		***8:30-9:30 SHRED TOTAL BODY FOCUS (STUDIO A) REBEKAH		8:30-9:30 IGNITE (STUDIO A) REBEKAH		8:30-10:00am SHRED & STRETCH (STUDIO A) KELLY		8:30-9:30 CARDIO BARRE (STUDIO A) ALISON		8:30-9:30 SHRED IRON GYM) MINDY	
9:30-10:30 SHRED (STUDIO A) REBEKAH		9:30-10:30 IGNITE (STUDIO A) DIANNE		***9:30-10:15 FLEX FORCE CARDIO STRENGTH (STUDIO A) EMILY		9:30-10:30 CARDIO (STUDIO A) EMILY							
								10:00- 11:00am SHRED EXTREME LESLIE					
		11:30-12:30 SHRED (STUDIO A) SUSAN		***11:30-12:15 TOTAL BODY FOCUS CARDIO (STUDIO A) ERIKA		11:30-12:30 SHRED (STUDIO A) MINDY							
												*3:30 FLEX FORCE CARDIO STRENGTH (IRON GYM) MINDY	
4:30-5:15 SHRED (STUDIO A) MICHELLE		4:30-5:15 BCC (STUDIO A) LESLIE		***4:30-5:15 FLEX FORCE STRENGTH TOTAL BODY FOCUS (IN IRON GYM) MICHELLE		4:30-5:15 FLEX FORCE CARDIO STRENGTH (IN IRON GYM) ERIKA							
6:00-7:00 SHRED (IN IRON GYM) TARA		6:00-7:00 IGNITE (IN IRON GYM) EMILY		***6:00-6:45 FLEX FORCE STRENGTH TOTAL BODY FOCUS (IN IRON GYM) MARIA		6:00-7:00 FLOW & LET GO 30min Power Vinyasa 30min Restorative (IN IRON GYM) KELLY							