

The FLEX[®]

Fitness For Every Body

1.08.17 – 1.14.17

Schedule subject to change

M		T		W		T		F		Sa		Su	
5:30-6:30 SHRED (STUDIO A) AMANDA		5:30-6:30 BCC (STUDIO A) MINDY		***5:30-6:30 SHRED (STUDIO A) MARGUERITE		5:30-6:30 SHRED EXTREME (STUDIO A) AMANDA		5:30-6:30 KICK (STUDIO A) MINDY					
										7:30-8:30 SHRED EXTREME (STUDIO A) MARGUERITE			
8:30-9:30 SHRED (STUDIO A) MINDY		8:30-9:30 FUZION (STUDIO A) ERIKA		***8:30-9:30 SHRED (STUDIO A) EMILY		8:30-9:30 IGNITE (STUDIO A) DIANNE		8:30-10:00am SHRED & STRETCH (STUDIO A) KELLY		8:30-9:30 CARDIO BARRE (STUDIO A)		8:30-9:30 SHRED (IN IRON GYM) KELLY	
9:30-10:30 SHRED (STUDIO A) EMILY		9:30-10:30 IGNITE (STUDIO A) SUSAN		***9:30-10:15 FLEX FORCE CARDIO STRENGTH (STUDIO A) REBEKAH		9:30-10:30 CARDIO (STUDIO A) REBEKAH							
										10:00- 11:00am SHRED EXTREME LESLIE			
		11:30-12:30 SHRED (STUDIO A) REBEKAH		***11:30-12:15 CARDIO (STUDIO A) REBEKAH		11:30-12:30 SHRED (STUDIO A) EMILY							
												*3:30 FLEX FORCE STRENGTH (IN 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 (IN IRON GYM) MICHELLE		4:30-5:15 FLEX FORCE CARDIO STRENGTH (IN IRON GYM) KELLY							
6:00-7:00 SHRED (IN IRON GYM) REBEKAH		6:00-7:00 IGNITE (IN IRON GYM) TARA		***6:00-6:45 FLEX FORCE STRENGTH (IN IRON GYM)		6:00-7:00 POWER YOGA (IN IRON GYM) KELLY							