

# The FLEX®

**Fitness For Every Body**

2.12.18 – 2.18.18

\*\*\*WORKSHOP WEDNESDAYS – BACK & CHEST FOCUS

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

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