

The FLEX®

Fitness For Every Body

3.12.18 – 3.18.18

***WORKSHOP WEDNESDAYS – SHOULDERS/BICEPS/TRICEPS FOCUS

Schedule subject to change

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