

The FLEX®

Fitness For Every Body

5.07.18 – 5.13.18

***WORKSHOP WEDNESDAYS – TOTAL BODY FOCUS

*The schedule is subject to change.

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