

# The FLEX®

**Fitness For Every Body**

10.08.18 – 10.14.18

\*The schedule is subject to change.

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

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