

# The FLEX<sup>®</sup>

**Fitness For Every Body**

*\* Due to low attendance, we no longer have Wednesday 11:30am and 6pm.*

**2.11.19 – 2.17.19**

*\*The schedule is subject to change.*

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
5:30-6:30 SHRED (STUDIO A) MARGUERITE	5:30-6:30 CARDIO *** MINDY	5:30-6:30 SHRED (STUDIO A) AMANDA	5:30-6:30 SHRED X*** REBEKAH	5:30-6:30 BOOTCAMP (IRON GYM) VIRGINIA		
8:30-9:30 SHRED (STUDIO A) DIANNE		8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-10:00 SHRED & STRETCH (STUDIO A) ERIKA	8:30-9:30 SHRED (STUDIO A) REBEKAH	C
9:30-10:30 SHRED (STUDIO A) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 FLEX FORCE*** EMILY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) REBEKAH		L
						O
	11:30-12:15 BOOT CAMP or SHRED*** EMILY		11:30-12:15 BOOT CAMP or SHRED*** EMILY			S
						E
4:30-5:15 SHRED (STUDIO A) ERIKA	4:30-5:15 BOOT CAMP (IRON GYM) VIRGINIA	4:30-5:15 FLEX FORCE (IRON GYM) ERIKA	4:30-5:15 BOOT CAMP (IRON GYM) LESLIE			D
6:00-7:00 SHRED (IRON GYM) REBEKAH	6:00-7:00 IGNITE (IRON GYM) LESLIE					