

The**FLEX**[®]

Fitness For Every Body

3.11.19 – 3.17.19

**The schedule is subject to change.*

M	T	W	T	F	Sa	Su
5:30-6:30 SHRED (STUDIO A) MARGUERITE	5:30-6:30 CARDIO *** MINDY	5:30-6:30 SHRED (STUDIO A) REBEKAH	5:30-6:30 SHRED X*** AMANDA	5:30-6:30 BOOTCAMP (IRON GYM) MINDY		
8:30-9:30 SHRED (STUDIO A) EMILY		8:30-9:30 SHRED (STUDIO A) EMILY		8:30-10:00 SHRED & STRETCH (STUDIO A) EMILY	8:30-9:30 SHRED (STUDIO A) DIANNE	C
9:30-10:30 SHRED (STUDIO A) MINDY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 FLEX FORCE*** REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) REBEKAH		L
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	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) REBEKAH	4:30-5:15 BOOT CAMP (IRON GYM) ERIKA	4:30-5:15 FLEX FORCE (IRON GYM) MICHELLE	4:30-5:15 BOOT CAMP (IRON GYM) LESLIE			D
6:00-7:00 SHRED (IRON GYM) LESLIE	6:00-7:00 IGNITE (IRON GYM)					