

The**FLEX**[®]

Fitness For Every Body

4.08.18 – 4.14.18

**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 CARDIO *** MINDY	5:30-6:30 SHRED (STUDIO A) REBEKAH	5:30-6:30 SHRED X*** AMANDA	5:30-6:30 BOOTCAMP (IRON GYM) VIRGINIA		
8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-9:30 SHRED (STUDIO A) EMILY		8:30-10:00 SHRED & STRETCH (STUDIO A) MICHELLE	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*** ERIKA	9:30-10:30 IGNITE (IRON GYM) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) LESLIE		L
						O
	11:30-12:15 BOOT CAMP or SHRED*** DIANNE		11:30-12:15 BOOT CAMP or SHRED*** MINDY			S
						E
4:30-5:15 SHRED (STUDIO A) LESLIE	4:30-5:15 BOOT CAMP (IRON GYM) ERIKA	4:30-5:15 FLEX FORCE (IRON GYM) MICHELLE	4:30-5:15 CARDIO & CORE (IRON GYM) VIRGINIA			D
6:00-7:00 SHRED (IRON GYM)	6:00-7:00 STRENGTH (IRON GYM) LESLIE					