

# The**FLEX**<sup>®</sup>

**Fitness For Every Body**

5.6.19 – 5.12.19

\*\*\* Please note, due to Instructor availability, we will no longer offer 6pm classes.

*\*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) AMANDA	5:30-6:30 CARDIO *** MARGUERITE	5:30-6:30 SHRED (STUDIO A) AMANDA	5:30-6:30 SHRED X*** MARGUERITE	5:30-6:30 BOOTCAMP (IRON GYM) MINDY		
8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-9:30 SHRED (STUDIO A) MINDY		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) EMILY	9:30-10:30 IGNITE (IRON GYM) REBEKAH	9:30-10:30 FLEX FORCE*** EMILY	9:30-10:30 IGNITE (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*** DIANNE			S
						E
4:30-5:15 SHRED (STUDIO A) LESLIE	4:30-5:15 BOOT CAMP (IRON GYM) REBEKAH	4:30-5:15 FLEX FORCE (IRON GYM) MICHELLE	4:30-5:15 CARDIO & CORE (IRON GYM) LESLIE			D