

The**FLEX**[®]

Fitness For Every Body

JUNE SCHEDULES
PLEASE SCROLL FOR THE NEXT WEEK
*****PLEASE NOTE 11:30AM AND 4:30PM CLASSES ON**
TUESDAY/THURSDAY HAVE BEEN REMOVED FROM THE SCHEDULE
**The schedule is subject to change.*

M T June 3-9		W	T	F	Sa	Su
5:30-6:30 SHRED (STUDIO A) MARGUERITE	5:30-6:30 CARDIO *** AMANDA	5:30-6:30 SPLIT (STUDIO A) MARGUERITE	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) REBEKAH		8:30-10:00 SHRED & STRETCH (STUDIO A) MICHELLE	8:30-9:30 SHRED (STUDIO A) DIANNE	C
9:30-10:30 SHRED (STUDIO A) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 FLEX FORCE*** REBEKAH	9:30-10:30 IGNITE (IRON GYM) LESLIE	9:30-10:30 BOOT CAMP (IRON GYM) EMILY		L
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						S
						E
4:30-5:15 SHRED (STUDIO A) LESLIE		4:30-5:15 SHRED X (IRON GYM) REBEKAH				D



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M T June 10-16		W	T	F	Sa	Su
5:30-6:30 SHRED (STUDIO A) MARGUERITE	5:30-6:30 CARDIO *** MINDY	5:30-6:30 SPLIT (STUDIO A) AMANDA	5:30-6:30 SHRED X*** MINDY	5:30-6:30 BOOTCAMP (IRON GYM) MINDY		
8:30-9:30 SHRED (STUDIO A) DIANNE		8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-9:30 SHRED (STUDIO A) REBEKAH	8:30-9:30 SHRED (IRON GYM) AMANDA	C
9:30-10:30 SHRED (STUDIO A) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) LESLIE	9:30-10:30 FLEX FORCE*** MINDY	9:30-10:30 IGNITE (IRON GYM) LESLIE	9:30-10:30 BOOT CAMP (IRON GYM) REBEKAH		L
						O
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						E
4:30-5:15 SHRED (STUDIO A) LESLIE		4:30-5:15 FLEX FORCE (IRON GYM) MICHELLE				D



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M	T	W	T	F	Sa	Su
June 17-23						
5:30-6:30 FLEX, JAB, & FLOW (IRON GYM) MARGUERITE	5:30-6:30 CARDIO *** (IRON GYM) MINDY	5:30-6:30 TOTAL BODY STRENGTH (IRON GYM) MARGUERITE	5:30-6:30 CIRCUIT TRAINING (IRON GYM) MINDY	5:30-6:30 FITNESS CHALLENGE (IRON GYM) REBEKAH		
8:30-9:30 TOTAL BODY BLAST (IRON GYM) REBEKAH		8:30-9:30 BOOT CAMP (IRON GYM) EMILY		8:30-9:30 BOOT CAMP (IRON GYM) MICHELLE	8:30-9:30 SHRED (IRON GYM) DIANNE	C
9:30-10:30 TOTAL BODY BLAST (IRON GYM) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 BOOT CAMP (IRON GYM) EMILY	9:30-10:30 CARDIO (IRON GYM) LESLIE	9:30-10:30 BOOT CAMP (IRON GYM) EMILY		L
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						S
						E
4:30-5:15 SHRED X (IRON GYM) LESLIE		4:30-5:15 TOTAL BODY BLAST (IRON GYM) REBEKAH				D



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M T June 23-30		W	T	F	Sa	Su
5:30-6:30 SHRED (STUDIO A) MARGUERITE	5:30-6:30 CARDIO *** (STUDIO A) REBEKAH	5:30-6:30 SPLIT (STUDIO A) MARGUERITE	5:30-6:30 SHRED X*** (STUDIO A) MARGUERITE	5:30-6:30 BOOTCAMP (IRON GYM) REBEKAH		
8:30-9:30 SHRED (STUDIO A) EMILY		8:30-9:30 SHRED (STUDIO A) REBEKAH		8:30-9:30 SHRED (STUDIO A) MICHELLE	8:30-9:30 SHRED (STUDIO A) MARGUERITE	C
9:30-10:30 SHRED (STUDIO A) REBEKAH	9:30-10:30 BOOT CAMP (IRON GYM) LESLIE	9:30-10:30 FLEX FORCE*** EMILY	9:30-10:30 IGNITE (IRON GYM) LESLIE	9:30-10:30 BOOT CAMP (IRON GYM) EMILY		L
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4:30-5:15 SHRED (STUDIO A) DIANNE		4:30-5:15 FLEX FORCE (IRON GYM) EMILY				D

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