

FLEX 24

GROUP FITNESS

JUNE

1st - 30th

CLASS DESCRIPTION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	45' BURN & FIRM Mia	45' BODYPUMP Marissa G	45' RPM Mia	45' BODYPUMP Marissa G	30' LESMILLS CORE Mia	
8:00 AM						45' RPM Agatha
9:00 AM	55' BODYPUMP Amy	55' BODYCOMBAT Amy	55' BODYPUMP Amy			55' BODYPUMP Marissa G
10:15 AM						55' BODY BALANCE Rogelio
12:10 PM		45' BODYPUMP Mia	30' BODY BALANCE Rogelio	45' BODYPUMP Mia		
6:00 PM	45' RPM Rogelio	55' BODY BALANCE Rogelio		45' RPM Agatha		

BODYPUMP	GAIN STRENGTH & TONE MUSCLE USING A BARBELL
BODYBALANCE	LOW INTENSITY WORKOUT A MIX OF PILATES, YOGA, & TAI-CHI
BODYATTACK	CARDIO WORKOUT TO BUILD STAMINA & STRENGTH
BODYCOMBAT	STRIKE, PUNCH, & KICK YOUR WAY THROUGH CALORIES
RPM	RIDE TO THE RHYTHM OF POWERFUL MUSIC - INDOOR CYCLING
LESMILLS CORE	CORE WORK WITH PLATES & BANDS WITH STRETCHING
BURN & FIRM	MIXED CARDIO INCORPORATING STEP AND HIIT

****FLEXKIDS****

MONDAY - FRIDAY
8AM - 1PM to 4PM - 8PM

SATURDAY
8AM - 1PM SUNDAY
CLOSED



SUMMER SCHEDULE - REMOVED CLASSES WILL RETURN IN AUGUST