



GROUP FITNESS

FLEX 24 FITNESS

CLASS DESCRIPTION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 THOUGH CALORIES

RPM

RIDE TO THE RHYTHM OF POWERFUL MUSIC - INDOOR CYCLING

LES MILLS CORE

CORE WORK WITH PLATES & BANDS WITH STRETCHING

BURN & FIRM

MIXED CARDIO INCORPORATING STEP AND HIIT

UPDATED FEBRUARY 2024



5:30 AM

45'

BURN & FIRM
Mia

45'

BODYPUMP
Agatha

45'

RPM
Mia

45'

BODYPUMP
Agatha

30'

LES MILLS CORE
Mia

45'

RPM
Agatha

8:00 AM

55'

BODYPUMP
Jill

55'

BODYCOMBAT
Jill

55'

BODYPUMP
Jill

45'

RPM
Ginna

45'

BODYATTACK
Jill

55'

BODYPUMP
Jill

10:10 AM

12:10 PM

5:45 PM

6:00 PM

55'

BODYPUMP
Jamie

55'

BODY BALANCE
Rogelio

55'

BODYPUMP
Jamie

45'

RPM
Agatha

****FLEXKIDS****

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

SATURDAY
8AM - 1PM

SUNDAY
CLOSED