

FLEX 24	GROUP FITNESS				FLEX 24 FITNESS		CLASS DESCRIPTION		
							BODYPUMP	GAIN STRENGTH & TONE MUSCLE USING A BARBELL	
							BODYBALANCE	LOW INTENSITY WORKOUT A MIX OF PILATES, YOGA, & TAI-CHI	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
5:30 AM	<div><div>45'</div><div>BURN &amp; FIRM</div><div>Mia</div></div>	<div><div>45'</div><div>BODYPUMP</div><div>Agatha</div></div>	<div><div>45'</div><div>RPM</div><div>Mia</div></div>	<div><div>45'</div><div>BODYPUMP</div><div>Agatha</div></div>	<div><div>30'</div><div>LESMILLS CORE</div><div>Mia</div></div>			BODYATTACK	CARDIO WORKOUT TO BUILD STAMINA & STRENGTH
8:00 AM						<div><div>45'</div><div>RPM</div><div>Agatha</div></div>		BODYCOMBAT	STRIKE, PUNCH, & KICK YOUR WAY THOUGH CALORIES
9:00 AM	<div><div>55'</div><div>BODYPUMP</div><div>Jamie</div></div>	<div><div>55'</div><div>BODYCOMBAT</div><div>Jill</div></div>	<div><div>55'</div><div>BODYPUMP</div><div>Jill</div></div>	<div><div>45'</div><div>BODYATTACK</div><div>Jill</div></div>	<div><div>45'</div><div>RPM</div><div>Ginna</div></div>	<div><div>55'</div><div>BODYPUMP</div><div>Jill</div></div>		RPM	RIDE TO THE RHYTHM OF POWERFUL MUSIC - INDOOR CYCLING
10:10 AM	<div><div></div><div>RPM</div><div>Ginna</div></div>							LESMILLS CORE	CORE WORK WITH PLATES & BANDS WITH STRETCHING
								BURN & FIRM	MIXED CARDIO INCORPORATING STEP AND HIIT
12:10 PM		<div><div>45'</div><div>BODYPUMP</div><div>Mia</div></div>	<div><div>30'</div><div>BODY BALANCE</div><div>Rogelio</div></div>	<div><div>45'</div><div>BODYPUMP</div><div>Mia</div></div>				UPDATED APRIL 2024	
					**FLEXKIDS**		<div>FLEX 24</div>		
5:45 PM	<div><div>55'</div><div>BODYPUMP</div><div>Ryan</div></div>		<div><div>55'</div><div>BODYPUMP</div><div>Jamie</div></div>		MONDAY - FRIDAY 8AM - 1PM to 4PM - 8PM				
6:00 PM	<div><div>45'</div><div>RPM</div><div>Rogelio</div></div>			<div><div>45'</div><div>RPM</div><div>Agatha</div></div>	SATURDAY 8AM - 1PM				