



Summer Schedule
 Starting Monday May 29, 2017
 (Subject to change without notice)

	Mon	Tues	Wed	Thurs	Fri
6:00am	RPM 45 Jessica C	BODYPUMP 60 Pilar M	RPM 45 Carrie C	BODYPUMP 60 Carrie M	RPM 45 Jenny C
8:30am	BODYSTEP 60 Amy M	BODYPUMP 60 Chantelle M	BODYSTEP 60 Jessica M	BODYPUMP 60 Amy M	BODYVIVE 3.1 45 Jessica M
	RPM 45 Chantelle C		FLXCycle 60 Chantelle C		RPM 45 Christina C
9:30am	BODYPUMP 60 Pilar M	RPM 45 Christina C	BODYPUMP 60 Amy M	RPM 45 Jessica C	BODYFLOW 60 Pilar M (9:20am)
10:30am		BODYFLOW 60 Chantelle M		BODYFLOW 60 Pilar M	
4:30pm	BODYATTACK 45 Pilar M	BODYPUMP 60 Jenny M	BODYSTEP 60 Carrie M	BODYPUMP 60 Pilar M	BODYATTACK 45 Jenny M
5:30pm	BODYPUMP 60 Carrie M	BODYCOMBAT 60 Pilar M	BODYPUMP 60 Jessica M (5:40pm)	BODYCOMBAT 60 Jessica M RPM 45 Chantelle C	BODYPUMP 60 Chantelle M
6:30pm	RPM 45 Jenny C	BODYVIVE 3.1 45 Jenny M	BODYFLOW 60 Chantelle M (6:45pm)	BODYVIVE 3.1 45 Carrie M	

	Sat	Sun
8:30am	BODYPUMP 60 Jenny M	BODYSTEP 60 Jessica M
9:35am	BODYSTEP 60 Amy M	BODYPUMP 60 Pilar M
	RPM 45 Carrie C	RPM 45 Jenny C
10:40am	BODYCOMBAT 60 Pilar M	BODYFLOW 60 Chantelle M

Find the very latest schedule, class descriptions and reservations, and membership and class pass purchases at:

<http://flxfitclub.com>

45 min Class

60 min Class

M Main Studio

C Cycling Studio