



**July 2017 Schedule**  
Starts Saturday, July 1, 2017

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

	Sat	Sun
8:30am	<b>BODYPUMP</b> Jenny [M] [45]	<b>BODYSTEP</b> Jessica [M] [45]
9:35am	<b>BODYSTEP</b> Amy [M] [45]	<b>BODYPUMP</b> Steve [M] [45]
	<b>RPM</b> Carrie [C] [45]	
10:40am	<b>BODYCOMBAT</b> Pilar [M] [45]	<b>BODYFLOW</b> Chantelle [M] [45]

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

<http://flxfitclub.com>

- [45] 45 min class
- [45-60] 55-60 min class

- [M] Main Studio
- [C] Cycling Studio