



Winter 2018 Schedule

Effective Jan 29, 2018

	Mon	Tues	Wed	Thurs	Fri
6:00am	RPM 45m Chantelle	BODYPUMP Nikki <hr/> RPM 45m FLX Fitclub	RPM 45m Jessica	BODYPUMP Steve	RPM 45m Jenny
8:30am	BODYSTEP Amy <hr/> RPM 45m Christina	BODYPUMP Chantelle	BODYSTEP Amy	BODYPUMP Amy	SH'BAM 45m Jessica <hr/> RPM 45m Christina
9:30am	BODYPUMP Chantelle (9:35am)	RPM 45m Christina <hr/> CXWORX 30m Dani (9:40am)	BODYPUMP Maria (9:35am)	RPM 45m Chantelle	CXWORX 30m Chantelle (9:20am)
10:00am		BODYFLOW 30m Chantelle (10:20am)			BODYFLOW 45m Chantelle
4:30pm	SH'BAM 45m Chris	BODYPUMP Jenny			BODYATTACK 45m Jenny
5:30pm	BODYPUMP Steve <hr/> RPM 45m Jenny	BODYCOMBAT Jessica (5:35pm)	BODYPUMP Jessica <hr/> FLXCYLE Chantelle	BODYSTEP 45m Amy / Jessica <hr/> RPM 45m Carrie	BODYPUMP Chantelle
6:30pm	CXWORX 30m Jenny	BODYVIVE 45m Jenny (6:40pm)	BODYFLOW Grace (6:40pm)	CXWORX 30m Carrie (6:20pm)	

	Sat	Sun
8:30am	BODYPUMP Jenny	BODYSTEP Jessica
9:35am	BODYVIVE 45m Carrie <hr/> FLXCYLE Chantelle (9:30am)	BODYPUMP Maria <hr/> RPM 45m Jenny
10:30am	BODYPUMP 45m Nikki	BODYFLOW Chantelle (10:40am)
11:15am	CXWORX 30m Dani	

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

<http://flxfitclub.com>

Please check class start times carefully!

All classes 55-60 min unless otherwise indicated.