



## Early Fall 2018 Schedule

Effective Sep 4, 2018

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am	<b>RPM</b> 45m Chantelle	<b>BODYPUMP</b> Nikki	<b>RPM</b> 45m Sarah	<b>BODYPUMP</b> Lynn	<b>RPM</b> 45m Jenny	8:30am <b>BODYPUMP</b> Jenny	<b>BODYSTEP</b> Jessica
8:30am	<b>BODYSTEP</b> Amy	<b>BODYPUMP</b> Chantelle	<b>BODYSTEP</b> Amy	<b>BODYPUMP</b> Amy	<b>SHBAM</b> 45m Jessica	9:35am <b>tone</b> 45m Carrie	<b>BODYPUMP</b> Maria
	<b>RPM</b> 45m Christina				<b>RPM</b> 45m Christina		
9:30am	<b>BODYPUMP</b> Chantelle (9:35am)	<b>RPM</b> 45m Christina	<b>BODYPUMP</b> Maria (9:35am)	<b>RPM</b> 45m Dani	<b>CXWORX</b> 30m Chantelle (9:20am)	10:30am <b>BODYPUMP</b> 45m Nikki	<b>BODYFLOW</b> Chantelle (10:40am)
10:00am					<b>BODYFLOW</b> 45m Chantelle (9:55am)	11:20am <b>CXWORX</b> 30m Dani	
4:30pm	<b>SHBAM</b> 45m Chris	<b>BODYPUMP</b> Jenny			<b>BODYATTACK</b> 45m Jenny		
5:30pm	<b>BODYPUMP</b> Lynn	<b>BODYCOMBAT</b> Jessica	<b>BODYPUMP</b> Jessica	<b>BODYSTEP</b> 45m Amy	<b>BODYPUMP</b> Chantelle		
	<b>RPM</b> 45m Jenny			<b>RPM</b> 45m Kelly		<b>RPM</b> 45m Carrie	
6:30pm	<b>CXWORX</b> 30m Jenny	<b>tone</b> 45m Jenny	<b>BODYFLOW</b> Chantelle (6:40pm)	<b>CXWORX</b> 30m Carrie (6:20pm)			

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.