




Class Schedule

Effective May 20, 2019

	Mon	Tues	Wed	Thurs	Fri
6:00am	RPM 45m Chantelle	BODYPUMP Nikki	RPM 45m Sarah	BODYPUMP Lynn	RPM 45m Jenny
7:00am		RPM 45m Dani			
8:30am	BODYSTEP Amy <hr/> RPM 45m Christina	BODYPUMP Chantelle	BODYSTEP Jessica	BODYPUMP Amy	SH'BAM 45m Jessica <hr/> RPM 45m Christina
9:35am	BODYPUMP Jessica	RPM 45m Christina	BODYPUMP Chantelle	RPM 45m Dani	CXWORX 30m Chantelle (9:20am)
10:00am					BODYFLOW 45m Jessica (9:55am)
4:30pm		BODYPUMP Jenny			BODYATTACK 45m Jenny
5:30pm	BODYPUMP Lynn <hr/> THE TRIP 40m Jenny	SH'BAM 45m Jessica <hr/> THE TRIP 40m Chantelle	BODYPUMP Jessica <hr/> RPM 45m Kelly	GRIT 30m Lynn <hr/> RPM 45m Carrie	BODYPUMP Chantelle <hr/> THE TRIP 40m Dani
6:30pm	CXWORX 30m Jenny	ATTACK 45m Jenny	BODYFLOW Sama (6:40pm)	CXWORX 30m Carrie (6:20pm)	

	Sat	Sun
8:30am	BODYPUMP Jenny <hr/> THE TRIP 40m Jessica	BODYSTEP Jessica
9:35am	BODYCOMBAT Dani <hr/>  Chantelle	BODYPUMP Nikki <hr/> RPM 45m Jenny
10:00am	GRIT 30m Steve (small studio)	
10:40am	BODYFLOW 45m Nikki	BODYFLOW Chantelle

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

<https://flxfitclub.com>

Please check class start times carefully!

All classes are 55-60 min unless otherwise indicated.

**LES MILLS
BODYATTACK**

BODYATTACK™ combines high-energy athletic moves like running, lunging and jumping with strength exercises such as push-ups and squats. You'll burn tons of calories and improve your strength, coordination and agility, leaving you with an endorphin high!

**LES MILLS
BODYCOMBAT**

BODYCOMBAT™ is a martial arts-inspired workout that is high-energy but totally non-contact. Punch and kick your way to fitness while learning moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ!

**LES MILLS
BODYFLOW**

BODYFLOW™ blends elements of yoga, Tai Chi and Pilates to benefit both body and mind. Simple moves set to great music, with options for all levels, will improve your strength, balance and flexibility. You'll leave the class feeling calm, centered and ready to take on the world!

**LES MILLS
BODYPUMP**

BODYPUMP™ is the original barbell-based strength training class that gets you lean, toned and fit – fast. You'll work all your major muscle groups using light to moderate weights with lots of repetitions. Leave the class feeling challenged and motivated, and ready to come back for more. It's our most popular class for a reason!

**LES MILLS
BODYSTEP**

BODYSTEP™ is a cardio workout that will tone your lower body like nothing else. You'll start with basic stepping, and gradually challenge your coordination with faster moves and the chance to show some flair. Classes may also use moves like burpees, push ups and weight plate exercises to work the upper body. You (and your legs) will love it!

**LES MILLS
CXWORX**

CXWORX™ strengthens all the muscles in and around your body's core in just 30 minutes. A stronger core will improve everything from your everyday life activities to performance in your favorite sports.

FLX CYCLE

FLX Cycle is our signature indoor cycling class, with an energetic mix of hit music that helps push you through a full 60 minute class. It's a challenging blend of interval training, strength, speed and endurance work (and maybe a little bit of dance party). Leave smiling, sweaty and satisfied!!

**LES MILLS
GRIT**

Get on the fast track to a fitness transformation with GRIT™, a 30 minute high-intensity interval training (HIIT) program. Bursts of strength &/or cardio work with short recovery periods will push your body way out of its comfort zone. These small group classes allow more personalized coaching to help you nail the moves and motivate you to push yourself.

**LES MILLS
RPM**

RPM™ is high-energy cardio interval-based indoor cycling. In this 45 minute class, the energy of the group and the rhythm of the music push you through hill climbs, speedwork and power training. You control your own resistance levels and speed, so build up your fitness level over time. Burn lots of calories, improve your aerobic fitness and feel amazing afterwards!

**LES MILLS
SH'BAM**

SH'BAM™ is a fun-loving, ego-free cardio dance workout – no dance experience required. We turn on the party lights to create a club-like atmosphere and allow you to immerse yourself in the experience. You'll learn hot new dance moves as you burn calories!

**LES MILLS
THE TRIP**

THE TRIP™ is a totally immersive indoor cycling workout. You'll forget about everything else as we take you on a thrilling (and challenging) 40 minute journey through virtual worlds shown on a cinema-scale screen, accompanied by a killer soundtrack. It's more than a class, it's an unforgettable experience!

ATTACK

This class combines fun, energetic cardio tracks from BODYATTACK™ and core strength training from CXWORX™, with options to dial the intensity up or down. It's everything you need to burn calories and improve your functional fitness in just 45 minutes!