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6:00am	<b>RPM</b> 45  	<b>BODYPUMP</b> 60  	<b>RPM</b> 45  	<b>BODYPUMP</b> 60  	<b>RPM</b> 45  
9:00am	<b>RPM</b> 45  	<b>BODYPUMP</b> 60  	<b>BODYSTEP</b> 60   THE TRIP 45 	<b>BODYPUMP</b> 60  	<b>SH'BAM</b> 45   <b>RPM</b> 45  
9:55am					<b>CORE</b> 30  
10:35am					<b>BODYBALANCE</b> 45  
4:45pm	<b>GRIT</b> 30  		<b>sprint</b> 30  		
5:30pm	<b>BODYPUMP</b> 60   THE TRIP 45 	<b>BODYATTACK</b> 45   <b>RPM</b> 45  	<b>BODYPUMP</b> 60   THE TRIP (5:45pm) 45 	 <b>FLX CYCLE</b> 45   <b>GRIT</b> (5:45pm) 30  	<b>BODYPUMP</b> 60  
6:45pm		<b>CORE</b> (6:25pm) 30  	<b>BODYBALANCE</b> 45  	<b>CORE</b> (6:25pm) 30  	

	Sat
9:00am	<b>BODYPUMP</b> 60  
9:15am	<b>sprint</b> 30  
10:15am	<b>BODYCOMBAT</b> 45   THE TRIP 45 
11:15am	THE TRIP 45 

	Sun
9:00am	<b>CORE</b> 45  
10:00am	<b>BODYPUMP</b> 60   <b>RPM</b> 45  
10:15am	<b>barre</b> (small studio) 45  
11:15am	<b>BODYBALANCE</b> 45  

 In-person studio class  
 In-person cycling class  
 Virtual class option available

   Class duration (30, 45 or 60 min)

Find more detailed info on our website at: <https://flxfitclub.com>

### LES MILLS barre

Les Mills BARRE™ combines cardio and strength with high reps of small range-of-motion movements and very light weights. You'll feel a nice burn as you start developing the lean, toned muscles of a dancer, helping you stand taller and move more gracefully.

### 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 BODYBALANCE

BODYBALANCE™ (formerly known as BODYFLOW) is a yoga-based workout that benefits both your 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 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 BODYPUMP

BODYPUMP™ is a 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 tones 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 CORE

Just like it sounds, Les Mills CORE™ strengthens all the muscles in and around your body's core. (Think shoulders, abs, back and glutes.) A stronger core makes you better at *everything*, from everyday life activities to performance in your favorite sports. You'll feel the results right away!

### FLX CYCLE

FLX Cycle is our most music-driven indoor cycling class. An energetic mix of tunes drawn from many genres will help inspire and guide you through the workout. 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, and personalized coaching helps you nail the moves. (Note that we recommend building a base level of fitness before adding HIIT classes to your training.)

### LES MILLS RPM

RPM™ is high-energy, interval-based indoor cycling. In this 45 minute class, your instructor will motivate you to push through hill climbs, speedwork and power training. You control your own resistance levels and speed, so you can 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 super fun, inclusive cardio dance workout: no dance experience needed. 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 sprint

SPRINT™ takes the idea of high-intensity interval training (HIIT) onto an indoor bike. This style of HIIT has no impact on your joints, since the bike is your tool to push through short periods of maximum effort. You'll get super fit, super fast – 30 minutes is all you need for this workout! (Note that we recommend building a base level of fitness before starting with HIIT classes.)

### LES MILLS THE TRIP

THE TRIP™ is a totally immersive indoor cycling workout. You'll put everything else out of your mind as your instructor guides you on a thrilling (and challenging) journey through virtual worlds shown on a cinema-sized screen, accompanied by a killer soundtrack. More than just a class, THE TRIP is an unforgettable experience!