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6:00am	THE TRIP 45 	BODYPUMP 60  	RPM 45  	BODYPUMP 60  	RPM 45  
9:00am	RPM 45  	BODYPUMP 60  	BODYSTEP 60   THE TRIP 45 	BODYPUMP 60  	RPM 45  
9:55am					CORE 30  
10:35am					BODYBALANCE 45  
4:30pm	GRIT (4:45pm) 30  	BODYPUMP 45  	sprint (4:45pm) 30  	BODYCOMBAT 45  	THE TRIP 45 
5:30pm	BODYPUMP 60   THE TRIP 45 	BODYATTACK 45   RPM 45  	BODYPUMP 60   THE TRIP (5:45pm) 45 	 FLX CYCLE 45   GRIT (5:45pm) 30  	BODYPUMP 60  
6:45pm		CORE (6:25pm) 30  	BODYBALANCE 45  	CORE (6:25pm) 30  	

	Sat	Sun
9:00am	BODYPUMP 60  	CORE 45  
10:15am	BODYCOMBAT 45   THE TRIP 45 	BODYPUMP 60   sprint 30   barre (small studio) last class 3/31 45   THE TRIP 45  BODYBALANCE 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>



Class Descriptions

LES MILLS **BODYATTACK**

Tue 5:30pm

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**

Wed 6:45pm
Fri 10:35am
Sun 11:15am

BODYBALANCE™ (formerly known as BODYFLOW) is a yoga-based workout that benefits both body and mind. Simple moves set to great music improve your strength, balance and flexibility. You'll leave the class feeling calm, centered and ready to take on the world!

LES MILLS **BODYCOMBAT**

Thu 4:30pm
Sat 10:15am

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**

Mon 5:30pm
Tue 6am / 9am
Tue 4:30pm (45m)
Wed 5:30pm
Thu 6am / 9am
Fri 5:30pm
Sat 9am
Sun 10am

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**

Wed 9am

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**

Tue 6:25pm
Thu 6:25pm
Fri 9:55am
Sun 9am (45m)

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**

Thu 5:30pm

FLX Cycle is our most music-driven indoor cycling class. An energetic mix of tunes drawn from many genres will help power 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**

Mon 4:45pm
Thu 5:45pm

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.

LES MILLS **RPM**

Mon 9am
Tue 5:30pm
Wed 6am
Fri 6am / 9am

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 **sprint**

Wed 4:45pm
Sun 10am

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!

LES MILLS **THE TRIP**

Mon 6am
Mon 5:30pm
Wed 9am
Wed 5:45pm
Fri 4:30pm
Sat 10:15am
Sun 10:45am

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!