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6:00am	THE TRIP 45 	<b>BODYPUMP</b> 60  	<b>RPM</b> 45  	<b>BODYPUMP</b> 60  	<b>RPM</b> 45  
7:00am		<b>sprint</b> 30  	<b>CORE</b> (starts 2/5) 45  		
9:00am	<b>RPM</b> 45  	<b>BODYPUMP</b> 60  	THE TRIP 45 	<b>BODYPUMP</b> 60  	Classic <b>BODYSTEP</b> 45   ----- <b>RPM</b> 45  
9:55am					<b>CORE</b> 30  
10:35am					<b>BODYBALANCE</b> 45  
4:30pm	<b>GRIT</b> (4:45pm) 30  	<b>BODYPUMP</b> 45  			THE TRIP 45 
5:30pm	<b>BODYPUMP</b> 60   ----- THE TRIP 45 	<b>BODYATTACK</b> 45   ----- <b>RPM</b> 45  	<b>BODYPUMP</b> 60   ----- THE TRIP 45 	Functional <b>BODYSTEP</b> 45   ----- <b>FLXCYLE</b> 45  	<b>BODYPUMP</b> 60  
6:25pm		<b>CORE</b> 30  		<b>CORE</b> 30  	

	Sat
8:15am	<b>GRIT</b> 30  
9:00am	<b>BODYPUMP</b> 60   ----- <b>RPM</b> (60 min) 60   ----- <b>BODYCOMBAT</b> 45   ----- THE TRIP 45 

	Sun
9:00am	<b>CORE</b> 45   ----- THE TRIP 45 
10:00am	<b>BODYPUMP</b> 60   ----- <b>sprint</b> 30  
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 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

Fri 10:35am  
Sun 11:15am

BODYBALANCE™ 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

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

Thu 5:30pm  
Fri 9am

BODYSTEP™ is a cardio workout that tones your lower body like nothing else. In Classic BODYSTEP, you'll start with basic stepping, and gradually challenge your coordination with faster moves and the chance to show some flair. Functional BODYSTEP requires less coordination but also uses moves like burpees, push-ups and weight plate exercises to work the upper body. Either way, you (and your legs) will love it!

### LES MILLS CORE

Tue 6:25pm  
Wed 7am (45m)  
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 driven by an energetic mix of modern and retro music drawn from genres like EDM, pop, rock and R&B. Those big beats will help power you through a challenging blend of interval training, strength, speed and endurance work. Leave this workout smiling, sweaty and satisfied!

### LES MILLS GRIT

Mon 4:45pm  
Sat 8am

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  
Sat 9am (60 min)

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

Tue 7am  
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!

### Strength Development

See separate schedule

Strength Development is a series of 12 45-minute small group workouts designed to build muscle and strength, with heavier weight and fewer, slower reps than we typically use in BODYPUMP. Pre-registration for this program is required!

### LES MILLS THE TRIP

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

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!