



FlexFit Studio Group Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM	Sunrise SWEAT 5:30-6:25am			Sunrise SWEAT 5:30-6:25am			
6:00 AM							
6:30 AM	Morning Hustle 6:30-7:25am			Morning Hustle 6:30-7:25am			
7:00 AM							
7:30 AM							
8:00 AM			(H) Pure Strength 8-8:55am		Pure Strength 8-8:55am		
8:30 AM							(H) Total Body Reset 8:30-9:25am
9:00 AM							
9:30 AM							
10:00 AM		Sculpt & Stretch 10-10:55am		Sculpt & Stretch 10-10:55am			
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	FlexFit Burn 12-12:55pm		FlexFit Burn 12-12:55pm		FlexFit Burn 12-12:55pm		
12:30 PM							
1:00 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	(H) Power Hour 5:45-6:40pm		Power Hour 5:45-6:40pm				
6:30 PM							
7:00 PM							

NOTE: The **(H)** means they are a hybrid class that clients also participate virtually. Please visit www.flexfit-studio.com for details on how to join

While the classes are themed, the workouts are never the same; the tempo, exercises, and programming are ever changing to motivate and challenge you - expected the unexpected!

ATTENTION: We would like to add more classes and a greater variety, but we need trainers! Please spread the word and send qualified, dynamic, and motivated candidates our way. Also, we need your feedback... what other class options would you like to have available?