



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							
7:00 AM							
7:30 AM							
8:00 AM			Pure Strength 8-8:55am				
8:30 AM						Total Body Reset 8:30-9:25am	
9:00 AM							
9:30 AM							
10:00 AM							
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	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	Power Hour 5:45-6:40pm		Power Hour 5:45-6:40pm				
6:30 PM							
7:00 PM					NOTE: Please visit www.flexfit-studio.com to learn how to join, and for more detailed information on the classes! See you soon!		

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 more participants! Please spread the word, and give us your feedback: what other class options and times would you like to have available?