

FlexAbility Fitness

Class Timetable

Main Gym Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	FULL BODY HYBRID	HYROX	BARBELL BURN	HYBRID LOWER	HYROX ENGINE	—
6:45 AM	FULL BODY HYBRID	HYROX	BARBELL BURN	HYBRID LOWER	HYROX ENGINE	—
9:00 AM	—	—	—	—	—	TEAM WORKOUT
9:30 AM	FULL BODY HYBRID	HYROX	BARBELL BURN	HYBRID LOWER	HYROX ENGINE	—
4:30 PM	HYROX	BARBELL BURNER	HYBRID LOWER	HYROX ENGINE	FULL BODY HYBRID	—
5:30 PM	HYROX	BARBELL BURNER	HYBRID LOWER	HYROX ENGINE	FULL BODY HYBRID	—
6:30 PM	HYROX	BARBELL BURNER	HYBRID LOWER	HYROX ENGINE	FULL BODY HYBRID	—

Fitness Studio Times

Time	Monday	Tuesday	Wednesday	Thursday
6:00–7:00 AM	—	BUILD & BEYOND GROUP 1	BUILD & BEYOND GROUP 1	BUILD & BEYOND GROUP 1
5:30 PM	BUILD & BEYOND GROUP 2	BUILD & BEYOND GROUP 2	—	BUILD & BEYOND GROUP 2
6:30 PM	KIDS & TEENS ACADEMY	—	—	—

■ Standard Classes

■ HYROX

■ Build & Beyond

■ Kids & Teens

Open Gym — 24/7 Access Available