



May

2019

FFLM is closed on Memorial Day

On Memorial Day, thank you to the men and women in our Military. Thank you for the freedoms we are so blessed to have because of your service, and those who came before you. It isn't said enough, but please know that you are in our thoughts and prayers always and not forgotten.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CC 8:30 Stretch 9:30 CC 10:45	2 CSI 8:30 TBF 10:00 S&R 11:00	3 TBF 8:30 ICE 9:45 TBF 10:45	4
5	6 TBF 8:30 ICE 9:45 TBF 10:45	7 CSI 8:30 TBF 10:00 S&R 11:00	8 CC 8:30 Stretch 9:30 CC 10:45	9 CSI 8:30 TBF 10:00 S&R 11:00	10 TBF 8:30 ICE 9:45 TBF 10:45	11
	13 TBF 8:30 ICE 9:45 TBF 10:45	14 CSI 8:30 TBF 10:00 S&R 11:00	15 CC 8:30 Stretch 9:30 CC 10:45	16 CSI 8:30 TBF 10:00 S&R 11:00	17 TBF 8:30 ICE 9:45 TBF 10:45	18
19	20 TBF 8:30 ICE 9:45 TBF 10:45	21 CSI 8:30 TBF 10:00 S&R 11:00	22 CC 8:30 Stretch 9:30 CC 10:45	23 CSI 8:30 TBF 10:00 S&R 11:00	24 TBF 8:30 ICE 9:45 TBF 10:45	25
26 CLOSED MEMORIAL DAY	 28 CSI 8:30 TBF 10:00 S&R 11:00	29 CC 8:30 Stretch 9:30 CC 10:45	30 CSI 8:30 TBF 10:00 S&R 11:00	31 TBF 8:30 ICE 9:45 TBF 10:45		

TBF – Total Body Fit

ICE – Interval Cardio Express

CSI – Cardio Strength Interval

S&R – Stretch and Restore

CC – Cardio Circuit