

WEEKLY SCHEDULE

SPEEDFLEX
REVOLUTIONARY, HIGH INTENSITY, LOW IMPACT WORKOUT



MONDAY	8:30 AM		
WEDNESDAY	8:30 AM		5:30 PM
THURSDAY	6:00 AM		
FRIDAY	8:30 AM	SUNDAY	10:15 AM

For more info go to www.jccdallas.org/speedflex
RESERVE YOUR SPOT ON THE SPIVI APP.