

281.541.2279





BMF FITNESS

21631 RHODES RD SUITE A-106 SPRING, 77388
 Spring's 5-Star Fitness and Transformation Studio

CLASS SCHEDULE JANUARY - APRIL 2025



281.541.2279

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	360°	ROPEBURN <i>STUDIO B</i> TRXTREME	BGG	TURN 'N' BURN <i>STUDIO B</i> ULTIMATE FIGHTER	INTENSITY: STACKED	6:45am REP EFFECT 8:00am REVOLUTION RIDE 9:15am <i>STUDIO B</i> RX3	14 Days FREE Scan the code, Create an account, Activate your PASS  Reserve your spot! Pass Valid for New Prospects Only
6:30am	360°	ROPEBURN	BGG	TURN 'N' BURN	INTENSITY: STACKED		
7:45am* 30min	DIRTY 30: REDLINE		DIRTY 30: REDLINE		DIRTY 30: REDLINE		
8:30am	360°	ROPEBURN <i>STUDIO B</i> TRXTREME	BGG	TURN 'N' BURN <i>STUDIO B</i> BARRE HOPPIN'	INTENSITY: STACKED	ADD Studio B Specialty Classes for \$7/wk or buy 12 classes for \$120	
6:00pm	360°	ROPEBURN <i>STUDIO B</i> BARRE HOPPIN'	BGG <i>STUDIO B</i> ULTIMATE FIGHTER	TURN 'N' BURN <i>STUDIO B</i> TRXTREME	INTENSITY: STACKED	8-Week Program  January 20 - March 15 Refocus. Refresh. Reset.	
7:15pm* 30min	DIRTY 30: REDLINE		DIRTY 30: REDLINE		DIRTY 30: REDLINE		

**RESETTING YOUR STANDARDS IS NOT ABOUT STARTING OVER.
 IT IS ABOUT ALIGNING YOUR ACTIONS AND TAKING AIM AT WHAT TRULY MATTERS.
 YOUR HEALTH. YOUR MIND. YOUR SOUL.
 REFOCUS YOUR INTENTION. REFRESH YOUR PERSPECTIVE. RESET YOUR LIFE.**

Be STRONG when you are weak - Be BRAVE when you are scared - Be HUMBLE when you are victorious - Be BADASS everyday!

With an emphasis on nutrition, accountability, and community, BMF Fitness focuses on overall wellness and building the foundation of a happy, healthy life. We offer a friendly and fun atmosphere that welcomes everyone! Our BMF team is here to empower, motivate and support our members in their journey of transformation, both physically and mentally. BMF pledges to bring energy, enthusiasm, and fun to each class while encouraging each participant to be better every day.

360° - BGG done circuit style. Experience the proven methodology of alternating lower body and upper body lifting sets in this innovative class Muscle madness! Expect to be challenged in this progressive barbell/dumbbell weightlifting class. Increase strength, perfect form, and sculpt a stronger you! Build muscle (that's a good thing!), define your body and lift your spirits!! [*Weightlifting gloves recommended but not required.](#)

BARRE HOPPIN' - Turn up the music and crank out the burn! Meet us at the Barre for "Happy Hour". Take a shot of strength and stability and chase it with balance and intensity to make a fitness cocktail that will leave your body buzzing! No Alcohol required 😊 [*No Showes allowed - Studio B Membership Required](#)

BUTTS, GUNS AND GUTS (BGG) - Muscle madness! Expect to be challenged in this progressive barbell/dumbbell weightlifting class. Increase strength, perfect form, and sculpt a stronger you! Build muscle (that's a good thing!), define your body and lift your spirits!!

REVOLUTION RIDE - Spin REVOLUTIONIZED!! Pedal away hundreds of calories during this rockin' cardio class while building lower body strength and a solid core. New, fun, cutting-edge modalities cranked out on the bike. This class is a party with pedals attached! [*SPD clip spin shoes allowed NOT required.](#)

REDLINE - High Intensity Interval Training programed in a simple yet effective class: 4 rounds of 4 minutes done Tabata style. Push outside of your comfort zone to hit the heart rate red zone!

REP EFFECT - Our continuous, choreographed lift class is back and better than ever! This barbell weight training class will demand muscular endurance and a desire to become better. We lift lighter weights for higher repetitions for a proven muscle building and fat melting effect.

ROPEBURN - Battle Ropes Bonanza! Battle Rope training attacks your entire body! The dual force dynamic effect will amplify results, the low impact explosive movements improve endurance & reaction time and the connected control of momentum challenges stability. Come experience the "grace of the wave".

RX3 - Recover. Restore. Remind. You work hard at every workout - treat your body to a class dedicated to self-love. Recover - with focused mobility and stretching, foam rolling. Restore - with a little yoga and meditation time. Remind - with weekly discussions dedicated to keeping you informed with up-to-date recovery/health and wellness topics.

INTENSITY: STACKED - Volume training with a twist! This rep-based lift class done circuit style pushes your muscles like no other! This class perfectly blends lifting with a dose of cardio - High Volume, Low Weight training kicked up to a TEN!

TRXTRENE - TRX Suspension Trainers and more are used in this circuit style, interval class. Expect an X-tra special, X-ceptional, X-treme X-perience! [*Studio B Membership Required.*](#)

TURN 'N' BURN - Our OG dynamic fusion class is back - this is a total body workout experience both on and off the bike. This class is designed to push your limits, find your threshold and conquer your fear. The only thing stationary is the bike! [*SPD clip spin shoes allowed NOT required.](#)

ULTIMATE FIGHTER - This Muay Thai inspired kickboxing class will teach you the fundamentals and progress you to combos, drills and partner work. Pads, mits and bags are used to train your coordination, speed and focus. This class will challenge your cardio, enhance your muscular endurance and will unleash the fighter in you!! Gear up and get ready to sweat! [*Gloves and Wraps Required - Studio B Membership Required *](#)

VIP COACHING PROGRAMS - Our "All Inclusive" Package! Individualized attention and full program designed specifically for you. Goal assessment, Body Composition scans, Customized Nutrition, All Access to Main and Specialty Class formats and much more. Consults for the VIP Program are by appointment only.

No show fee of \$25 will be charged to members who fail to show up to a class for which they had a reservation. Mat rental fee \$3.

CLASS RESERVATIONS REQUIRED

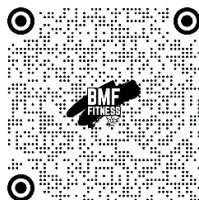
WWW.BMF-FITNESS.COM

or go to <https://bmf-fitness.zenplanner.com>

Certified Coaches * Nutrition Services and Program Design * Complimentary Assessments

LARGE GROUP TRAINING STARTS AT \$45/WK AND PERSONAL COACHING VIP PROGRAMS START AT \$75/WK

**BOOK A COMPLIMENTARY
IN-PERSON CONSULT HERE >**



Styku Certified STYKU Body Composition Scanning Center

All classes are approx 60 minutes long unless otherwise specified.
THREE person min for classes to hold.

Class formats, instructors, days/ times, and pricing
are all subject to change without notice.
PLEASE arrive 10 min prior to the start of class.

Class participants should bring water, a mat, and towel.
Bring a snack, if desired.

We are a proud supplier of Prestige Labs nutritional supplements