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 2026

281.541.2279

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	360°	REVOLUTION RIDE *STUDIO B* ULTIMATE FIGHTER	BGG	HEAVY HIITERS	5:00am – 7:30am OPEN GYM 5:15am – 6:15am *STUDIO B* POWER FLOW YOGA	6:30am – 8:00am 360° 8:30am REVOLUTION RIDE 9:45am – 10:15am *STUDIO B* HARDCORE	**14 Days FREE** Scan the code, Create an account, Activate your PASS Pass Valid for New Prospects Only Reserve your spot!
6:30am	360°	REVOLUTION RIDE	BGG	HEAVY HIITERS			
8:30am	360°	REVOLUTION RIDE	BGG	HEAVY HIITERS	8:00am – 10:00am OPEN GYM 9:45am *STUDIO B* MVMT		
9:45am* *30min	*STUDIO B* MVMT		*STUDIO B* HARDCORE				
6:00pm	360°	REVOLUTION RIDE	BGG	HEAVY HIITERS	5:30pm – 7:00pm OPEN GYM		
7:15pm* *30min	REDLINE	*STUDIO B* MVMT	REDLINE	*STUDIO B* POWER FLOW YOGA			

YOU DON'T NEED A FRESH START – YOU NEED INTENTIONAL ACTIONS.
STOP NEGOTIATING WITH THE VERSION OF YOU THAT QUITS.
RESULTS DON'T COME FROM THINKING ABOUT IT. SHOW UP FOR YOURSELF!

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! Lifters will expect to be challenged with primary and accessory movements programmed with a progressive overload target. *Weightlifting gloves and Belt recommended but not required.

BUTTS, GUNS AND GUTS (BGG) – Muscle madness! Expect to be challenged in this progressive overload 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 and Belt recommended but not required.

HARDCORE – Bulletproof your body by building a strong foundation. This core-centric class will incorporate different techniques to challenge and strengthen the core muscles = abdominals, obliques, spinal flexors/extensors and pelvic floor. Studio B – No Shoes Allowed

HEAVY HITTERS – Cutting edge combination of set resistance training paired with HIIT drills proven to be one of the most metabolically effective, fat-scorching workouts ever!

MVMT – Mobility and movement training designed to improve and enhance your performance. This flowing class will loosen up your joints, lengthen your muscles, strengthen your tendons and ligaments; Fluid, pain free movement is crucial to staying active and living your best life! Studio B – No Shoes Allowed

OPEN GYM – Come and Go on your own time during this open opportunity to work out. No worries, the workout will be provided for you, and a Coach will be there to help; choose from a programmed strength training or cardio based workout. Participants are asked to allot at least 45 minutes for this session but are encouraged to stay for the duration.

POWER FLOW YOGA – This class will energize your body, invigorate your muscles, and stimulate your soul. This Vinyasa Flow class is a fast-paced, endurance and strength focused experience.

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 but 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!

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! *Studio B – Gloves and Wraps Required

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

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. Our VIP Program isn't just a gym membership – it is your all-access pass to transformation.

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 $90/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