

281.541.2279



BMF FITNESS

21631 RHODES RD SUITE A-106 SPRING, 77388


Spring's 5-Star Fitness and Transformation Studio

SUMMER SCHEDULE

JUNE - AUGUST 2026



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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	BUTTS & GUTS	ROPEBURN <i>STUDIO B</i> TRX	GUNS & GUTS	REVOLUTION RIDE	INTENSITY: STACKED <i>STUDIO B</i> MVMT	6:30am – 8:00am 360° 8:30am – 9:30am <i>STUDIO B</i> TRX/MVMT 9:45am – 10:45am 360°	14 Days FREE Scan the code, Create an account, Activate your PASS  Pass Valid for New Prospects Only Reserve your spot!
6:30am	<i>STUDIO B</i> TRX	BUTTS & GUTS	REVOLUTION RIDE	GUNS & GUTS	INTENSITY: STACKED		
8:30am	BGG	ROPEBURN	<i>STUDIO B</i> BARRE HOPPIN'	REVOLUTION RIDE	INTENSITY: STACKED		
9:45am* *30min	REVOLUTION RIDE		REDLINE		<i>STUDIO B</i> MVMT		
6:00pm	BUTTS & GUTS	ROPEBURN	GUNS & GUTS	REVOLUTION RIDE			
7:15pm* *30min	REVOLUTION RIDE	<i>STUDIO B</i> HARDCORE	REDLINE	<i>STUDIO B</i> MVMT			

**READY FOR SUMMER?
LOCK IN YOUR RESULTS!**

SUMMER SWEAT SPECIAL

\$459
JUNE 1 – AUGUST 31, 2026
*INCLUDES STUDIO A & B

- ✓ SPRING'S 5-STAR FITNESS COMMUNITY
- ✓ 20+ COACH-LED CLASSES WEEKLY
- ✓ MORNING & EVENING OPTIONS
- ✓ UNIQUE CLASS FORMATS

**CAN'T MAKE IT?
NO SWEAT! GRAB THE DEAL HERE!**




281.541.2279 | WWW.BMF-FITNESS.COM FOLLOW US:  

SUMMER SLACK SHOWS UP IN SEPTEMBER!!

IF YOU TAKE THE SUMMER OFF, DON'T EXPECT RESULTS IN THE FALL!

THREE MONTHS FROM NOW, YOU'LL HAVE A MOUNTAIN OF PROGRESS OR A VALLEY OF REGRET!

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.

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 mix it well with balance and intensity to get a cocktail that will leave your body buzzing!! *Alcohol not included. Studio B – No Shoes Allowed

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

INTENSITY:STACKED – Volume Training with a twist! This rep-based lifting class pushes your muscles like no other - this class is a perfect blend of cardio and resistance training. High Volume, Low Weight training kicked up a notch!

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

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 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!

ROPEBURN – Battle Ropes Bonanza! Whip, chop, slam and sweat! Battle Rope training attacks your entire body. The dual force dynamic effect will amplify results, the low impact yet explosive movements improve endurance and the connected momentum and movement create stability and increase mobility. Come experience the "grace of the wave".

TRX– TRX Suspension Trainers and more are used in this fun and challenging interval class. Expect an X-tra special, X-ceptional, X-treme X-perience! Studio B – No Shoes Allowed

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 >**



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