

RICHMOND HILL GROUP FITNESS AND F.A.S.T. CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CARDIO CONDITIONING 9:00 am 60 mins Elham A.	FAST ENDURE 9:45 am 55 mins Mike M.		ZUMBA 9:45 am 60 mins Paula F.		
YOGA 11:00 am 60 mins Jessica P.				FAST ENDURE 9:45 am 55 mins Mike M.		
		FAST ENDURE 12:00 pm 55 mins Mike M.		FAST ENDURE 12:00 pm 55 mins Mike M.		
		ABSS, BUTT, THIGHS (ABT) 5:30 pm 60 mins Stephanie M.				
		FAST ENDURE 6:00 pm 55 mins Christopher D.		FAST ENDURE 6:00 pm 55 mins Christopher D.		
	FAST LIFT-PULL 6:30 pm 55 mins Christopher D.	BODY WORK - MOBILITY 6:30 pm 60 mins Stephanie M.	YOGA 6:15 pm 60 mins Jessica P.			