

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.			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 - BAR 9:45 am 55 mins Mike M.		
		FAST - ENDURE 12:00 pm 55 mins Mike M.		FAST - BAR 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 Tyler		FAST - BAR 6:00 pm 55 mins Tyler		
		BODY WORK - MOBILITY 6:30 pm 60 mins Stephanie M.	YOGA 6:15 pm 60 mins Jessica P.			