

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>CARDIO CONDITIONING 9:00 am 60 mins Elham A.</p>					
<p>YOGA 11:00 am 60 mins Jessica P.</p>		<p>FAST - ENDURE 9:45 am 55 mins Mike M.</p>		<p>FAST - BAR 9:45 am 55 mins Mike M.</p>		
		<p>ABSS, BUTT, THIGHS (ABT) 5:30 pm 60 mins Stephanie M.</p>				
		<p>BODY WORK - MOBILITY 6:30 pm 60 mins Stephanie M.</p>				