

# MAY FITNESS SCHEDULE — RICHARDSON



DOWNLOAD OUR APP from the Apple APP or Google Play Stores (find links on Fitness Brigade website).

All spots in classes must be booked through our Fitness Brigade App or using links on the Fitness Brigade Website!

When classes are full, waitlists will be activated and you will be informed if someone cancels and a spot opens up.

- All classes other than spin will be held in the Yoga Room and Jungle Gym
- Spin classes will be held in the Main Gym



	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am – 7:45am	Mobility						
8:00am – 8:45am	Personal Training by Appointment						
2:45pm – 3:30pm	Circuit Training						
5:00pm – 5:45pm	Tune Up	Mobility	Tune Up	Mobility	Brigade Barbell	Personal Training	Personal Training
5:45pm – 6:30pm	Spin	Circuit	Spin	Circuit	Spin	Personal Training	Personal Training
5:45pm – 6:30pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
6:45pm – 7:30pm	Circuit	Ab Strike (30 min)	Brigade Challenge	Ab Strike (30 min)	Circuit	Ab Strike (30 min)	Circuit
7:15pm – 7:55pm		Yoga/Meditation			Yoga/Meditation		
7:30pm – 8:00pm	Yoga		Yoga		Yoga		

- For any inquires please email [info@fitnessbrigade.ca](mailto:info@fitnessbrigade.ca)