

APRIL 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 For any inquires please email info@fitnessbrigade.ca



| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-----------------|----------------------------------|--------------------|-------------------|--------------------|--------------------|--------------------|-------------------|
| 7:00am - 7:45am | Mobility | Mobility | Mobility | Mobility | Mobility | Mobility | |
| 8:00am - 8:45am | Personal Training by Appointment | | | | | | |
| 2:00pm - 2:30pm | | | | MMA | MMA | | |
| 2:45pm - 3:30pm | Body Strength and Core | Circuit Training | Brigade Passport | Circuit Training | Mobility | Ab Strike (30 min) | Yoga |
| 5:00pm - 5:45pm | Tune Up | Resisted Core | Reset and Restore | Mobility | Brigade Barbell | Personal Training | Personal Training |
| 5:45pm - 6:30pm | Spin (30 min) | Circuit | Spin | Circuit | Ab Strike (30 min) | Personal Training | Personal Training |
| 5:45pm - 6:30pm | Personal Training | Personal Training | Personal Training | Personal Training | Personal Training | | |
| 6:45pm - 7:30pm | FB Performance | Cardio Core Fusion | Brigade Passport | Ab Strike (30 min) | Circuit | MMA | Circuit |
| 7:15pm - 7:55pm | | | | Restorative Yoga | | | |
| 7:30pm - 8:00pm | Monday Mobility | Pilates | Yoga | | Yoga | Yoga | Mobility |