

NOVEMBER 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	Ab Strike (30 min)	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 (30 min)	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	Circuit	Cardio Core Fusion	Military Made	Ab Strike (30 min)	Circuit	MMA	Circuit
7:15pm – 7:55pm				Restorative Yoga			Mobility
7:30pm – 8:00pm	Monday Mobility	Pilates	Yoga		Yoga	Yoga	