

Suggestions? Please email us at [info@RemoteSiteFitness.com](mailto:info@RemoteSiteFitness.com). To Sign Up for Classes or Book Personal Training, please visit our website [www.RemoteSiteFitness.com](http://www.RemoteSiteFitness.com) under Richardson Appointments or use the MindBody App.

**Monthly Wellness Theme:**



**Back In Action!**  
**Spine Awareness**



**Description:**  
Give yourself a pat on the back! Your back does so much for you! Yet back pain is a silent epidemic that plagues almost every person in our culture. Learn how simple, everyday things like posture & sleep position can greatly manage your back pain! See Info Table for more!

**Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**      **Sun**

**\*\*Pre-Registration Required via MindBody App For All Morning Classes 4:15-5:45 AM\*\***

4:15-5:00 AM	//////////		Spin**	//////////	Spin**	//////////	
5:00-5:45 AM	Small Group Training *Pre-Registration Only*						
7:00 - 7:45 AM	Gentle Morning Yoga	//////////				Gentle Morning Yoga	//////////
9:00 AM - 1:45 PM	Personal Training / Gym & Equipment Orientations *						
1:45-2:15 PM	//////////		Body Sculpt		//////////		Body Sculpt
2:30-3:00 PM	Core Strength	Yoga Fusion	Jeet Kune Do/ Muay Thai	Yoga Fusion	Jeet Kune Do/ Muay Thai	Lower Back Mobility	Jeet Kune Do/ Muay Thai
5:00-5:30 PM	20 Online Information, Coaching & Account Set Up Instruction						
5:30-6:00 PM	Lower Back Mobility	Yoga Fusion	Lower Back Mobility	Yoga Fusion	Lower Back Mobility	Functional Flexibility	Yoga Fusion
6:00-6:45 PM	Spin	Jeet Kune Do/ Brazilian Jiu Jitsu	Spin	Boxing & Self Defence	Interval Training	Interval Training	Jeet Kune Do/ Brazilian Jiu Jitsu
6:45-7:15 PM	Core Strength	Interval Training	Core Strength				Interval Training
7:15-7:45 PM	Power Circuit	Core Strength	Jeet Kune Do/ Brazilian Jiu Jitsu	Power Circuit	Jeet Kune Do/ Brazilian Jiu Jitsu	Power Circuit	Core Strength
7:45-8:30 PM	Power Yoga	Yin Yoga	//////////	Yoga		//////////	Yoga 7:30-8:00
8:00-9:00 PM	Personal Training* / Gym & Equipment Orientations *						



**Legend**

Grey	Cardiovascular Conditioning	White	Mind/Body Programs
Red	Core Conditioning	Black	Strength Training/MMA Style Workout

\* All MMA Classes "Jeet Kune Do/Muay Thai/Brazilian Jiu Jitsu" are subject to a 14/14 rotation with coordinators Joseph/Rex.