



# May Fitness Schedule

2019  
Albian Sands

Any 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) or use the MindBody App.



Legend

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>*Pre-Registration Required via MindBody App For All Morning Classes 4:15-5:15 AM*</b>							
4:15 - 4:45 AM	//////////	//////////	//////////	Spin	//////////	//////////	4:15-5:00 Rise & Shine Yoga
4:45 - 5:15 AM				Interval Training			
9:00-9:30 AM	//////////	Cardio Express	//////////	//////////	//////////	Tabata Express	//////////
11:00-11:30 AM	Cardio Express	//////////	Interval Training	Full Body Stretch	//////////	//////////	Boot Camp
11:30-12:00 PM	//////////	Lower Back Mobility	//////////	//////////	//////////	Lower Back Mobility	//////////
12:00-2:30 PM	Rec Coordinator Available for Personal Training / Gym Equipment Orientations						
2:30-3:00 PM	Jiu Jitsu	Personal Training	Jiu Jitsu				Personal Training
3:00-3:45 PM	Yoga Fusion	Yoga Core	Yoga	Yoga Core	Yoga Fusion	Yoga	Yoga Fusion
5:00-5:30 PM	20 Online Information, Coaching & Account Set Up Instruction						
5:30-6:00 PM	Interval Training	Fit 50/50	Power Circuit	Interval Training	Fit 50/50	Cardio Circuit	Power Circuit
6:00-6:30 PM	<b>Core Strength</b>						
6:30-7:00 PM	Womens Self Defense	Spin	Spin	Womens Self Defense*	Cardio Interval	Spin	Boot Camp
6:30-7:00 PM	//////////	//////////	//////////	//////////	//////////	Weights for Beginners	//////////
7:00-8:00 PM	Power Yoga	Active Stretch for Back & Hips	Yoga For Balance	Yin Yoga*	Yoga	//////////	Yoga
7:15-8:15 PM	Strength Circuit	//////////	Mixed Martial Arts	//////////	Mixed Martial Arts	//////////	Mixed Martial Arts
8:15-9:00 PM	//////////	Yoga	//////////	Yin Yoga*	//////////	//////////	Yoga
	Grey	Cardiovascular Conditioning			White	Mind/Body Programs	
	Red	Core Conditioning			Black	Strength Training	