



May Fitness Schedule

2019
Richardson

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



	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	Personal Training	Yoga		Personal Training	Yoga 7:30-8:00
8:30-9:00 PM	Personal Training* / Gym & Equipment Orientations *						Personal Training 8-9
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.