



























February 19th Body Combat and Core Launch!!

Washington Razor Sharp Fitness

Main Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> 5:30AM - 6:30AM</p> <p> 12:00PM - 12:45PM</p> <p> 5:15PM - 6:15PM</p>	<p> 4:45AM - 5:30AM</p> <p> 5:35AM - 6:25AM</p> <p> 8:05AM - 9:05AM</p> <p> 9:15AM - 9:45AM</p> <p> 10:00AM - 10:30AM</p> <p> 12:00PM - 12:45PM</p> <p><i>Yoga In person Instruction</i> 5:00PM - 5:45PM</p> <p> 5:45PM - 6:30PM</p>	<p> 5:30AM - 6:30AM</p> <p> 12:00PM - 12:45PM</p> <p> 5:15PM - 6:15PM</p> <p> 6:15PM - 6:45PM</p>	<p> 4:45AM - 5:30AM</p> <p> 5:35AM - 6:25AM</p> <p> 8:05AM - 9:05AM</p> <p> 9:15AM - 9:45AM</p> <p> 10:00AM - 10:30AM</p> <p> 12:00PM - 12:30PM</p> <p><i>Yoga In person Instruction</i> 5:00PM - 5:45PM</p>	<p> 5:30AM - 6:15AM</p> <p> 8:30AM - 9:00AM</p> <p> 9:15AM - 10:00AM</p> <p><i>Yoga In person Instruction</i> 12:00PM - 1:00PM</p>	<p> 8:00AM - 8:50AM</p> <p> 9:00AM - 10:00AM</p> <p><i>Body Combat Saturday starts March 2nd</i> 11:45AM - 12:00PM</p> <p> 12:00PM - 12:45PM</p>	

 **LES MILLS**
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

 **LES MILLS**
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

 **LES MILLS**
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The original barbell workout for anyone looking to get lean, toned and fit - fast.

 **LES MILLS**
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

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RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Razor Sharp
Fitness
Group Fitness