

















February 5th to February 17th Studio Schedule

Washington Razor Sharp Fitness

Main Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p> LES MILLS BODYPUMP 11:30AM - 12:00PM</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM</p>	<p> LES MILLS RPM 5:35AM - 6:25AM</p> <p> LES MILLS BODYPUMP 8:05AM - 9:05AM</p> <p> LES MILLS RPM 9:15AM - 9:45AM</p> <p>Yoga In person Instruction 5:00PM - 5:45PM</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM</p> <p> LES MILLS RPM 6:15PM - 6:45PM</p>	<p> LES MILLS RPM 5:35AM - 6:25AM</p> <p> LES MILLS BODYPUMP 8:05AM - 9:05AM</p> <p> LES MILLS RPM 9:15AM - 9:45AM</p> <p>Yoga In person Instruction 5:00PM - 5:45PM</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p> LES MILLS RPM 8:30AM - 9:00AM</p> <p>Yoga In person Instruction 12:00PM - 1:00PM</p>	<p> LES MILLS RPM 8:00AM - 8:50AM</p> <p> LES MILLS BODYPUMP 9:00AM - 10:00AM</p>	



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



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



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Razor Sharp Fitness Group Fitness