

February 19th Body Combat and Core Launch!!

Washington Razor Sharp Fitness

Studio
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CORE 4:45AM - 5:15AM</p> <p>LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p><i>Silver Fitness In person instruction</i> 8:10AM - 8:50AM</p> <p><i>Yoga In person Instruction</i> 9:00AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p>LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p>LES MILLS CORE 12:30PM - 1:00PM</p> <p>LES MILLS BODYPUMP 1:00PM - 1:45PM</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 4:45PM - 5:45PM</p> <p>LES MILLS GRIT ATHLETIC 6:00PM - 6:30PM</p> <p>LES MILLS CORE 6:30PM - 7:00PM</p>	<p>LES MILLS GRIT ATHLETIC 5:00AM - 5:30AM</p> <p>LES MILLS RPM 5:30AM - 6:00AM</p> <p>LES MILLS CORE 6:05AM - 6:35AM</p> <p>LES MILLS RPM 7:00AM - 7:30AM</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 8:10AM - 8:40AM</p> <p>LES MILLS barre 9:00AM - 9:30AM</p> <p>LES MILLS RPM 9:30AM - 10:00AM</p> <p>LES MILLS BODYCOMBAT 10:00AM - 10:30AM</p> <p>LES MILLS CORE 10:30AM - 11:00AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>LES MILLS RPM 1:00PM - 1:50PM</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP LOWER BODY 4:30PM - 4:45PM</p> <p>LES MILLS BODYCOMBAT 4:45PM - 5:30PM</p> <p>LES MILLS BODYBALANCE 6:00PM - 7:00PM</p>	<p>LES MILLS CORE 4:45AM - 5:15AM</p> <p>LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p><i>Silver Fitness In person instruction</i> 8:10AM - 8:50AM</p> <p><i>Yoga In person Instruction</i> 9:00AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p>LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p> <p>LES MILLS CORE 12:30PM - 1:00PM</p> <p>LES MILLS BODYPUMP 1:00PM - 1:45PM</p> <p>LES MILLS CORE 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 4:45PM - 5:45PM</p> <p>LES MILLS GRIT ATHLETIC 6:00PM - 6:30PM</p> <p>LES MILLS CORE 6:30PM - 7:00PM</p>	<p>LES MILLS GRIT ATHLETIC 5:00AM - 5:30AM</p> <p>LES MILLS RPM 5:30AM - 6:00AM</p> <p>LES MILLS CORE 6:05AM - 6:35AM</p> <p>LES MILLS RPM 7:00AM - 7:30AM</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 8:10AM - 8:40AM</p> <p>LES MILLS barre 9:00AM - 9:30AM</p> <p>LES MILLS BODYCOMBAT 10:00AM - 10:30AM</p> <p>LES MILLS CORE 10:30AM - 11:00AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>LES MILLS RPM 1:00PM - 1:50PM</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP LOWER BODY 4:30PM - 4:45PM</p> <p>LES MILLS BODYCOMBAT 4:45PM - 5:30PM</p> <p>LES MILLS BODYBALANCE 6:00PM - 7:00PM</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p>LES MILLS BODYBALANCE EXPRESS STRENGTH 9:00AM - 9:15AM</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 9:15AM - 9:45AM</p> <p>LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYCOMBAT 1:00PM - 1:30PM</p> <p>LES MILLS CORE 1:30PM - 2:00PM</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM</p> <p>LES MILLS BODYPUMP 4:45PM - 5:45PM</p>	<p>LES MILLS RPM 7:00AM - 7:30AM</p> <p>LES MILLS BODYPUMP 7:40AM - 8:10AM</p> <p>LES MILLS CORE 8:20AM - 8:50AM</p> <p>LES MILLS barre 9:00AM - 9:30AM</p>	<p>LES MILLS RPM 9:25AM - 10:15AM</p> <p>LES MILLS BODYPUMP LOWER BODY 10:25AM - 10:40AM</p>

barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

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 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.

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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.

LES MILLS RPM

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

Razor Sharp Fitness Group Fitness