

February 19th Body Combat and Core Launch!!

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 tone 9:00AM - 9:35AM</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:45PM</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM</p>	<p> LES MILLS BODYCOMBAT 4:45AM - 5:30AM</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> LES MILLS CORE 10:00AM - 10:30AM</p> <p> LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p> LES MILLS BODYCOMBAT 5:00PM - 5:45PM</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM</p> <p> LES MILLS tone 9:00AM - 9:35AM</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:45PM</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM</p> <p> LES MILLS BODYCOMBAT 6:15PM - 6:45PM</p>	<p> LES MILLS BODYCOMBAT 4:45AM - 5:30AM</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> LES MILLS CORE 10:00AM - 10:30AM</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:15AM</p> <p> LES MILLS RPM 8:30AM - 9:00AM</p> <p> LES MILLS CORE 9:15AM - 10:00AM</p> <p><i>Yoga In person Instruction</i> 12:00PM - 1:00PM</p>	<p> LES MILLS RPM 8:00AM - 8:50AM</p> <p> LES MILLS BODYPUMP 9:00AM - 10:00AM</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:45PM</p>	



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



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



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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