



CLASS SCHEDULE

At a Glance



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	• RSF Conditioning	• Spin Class • RSF Lifters	• RSF Conditioning	• Spin Class • RSF Lifters	• RSF Conditioning		
7:00 am	• RSF Conditioning		• RSF Conditioning		• RSF Conditioning		
7:45 am						• RSF Elite	
8:30 am							• Circuit Saturday
9:00 am						• Circuit Saturday • RSF Power	
9:15 am	• RSF Conditioning	• RSF Lifters	• RSF Conditioning	• RSF Lifters	• RSF Conditioning		
9:30 pm						• Spin	• Spin
10:15 pm			• Pilates - Intermediate		• Pilates - Intermediate		
4:00 pm	• Flex Time (4PM-8PM)				• Flex Time (4PM-6PM)		
5:00 pm							
5:15 pm		• Pilates - All Levels		• Pilates - Intermediate			
5:45 pm		• RSF Lifters	• RSF Blitz	• RSF Cardio Chaos			
6:00 pm	• Spin		• RSF Power • Spin				
6:30 pm	• Beginner Muay Thai	• Cardio Kickboxing (Ladies Only)	• Beginner Muay Thai	• Cardio Kickboxing (Ladies Only)			
7:00 pm		• RSF Cardio Chaos	• RSF Blitz	• RSF Lifters			
7:45 pm	• Advanced Muay Thai		• Advanced Muay Thai		• Advanced Muay Thai		
8:00 pm	• RSF Elite						

FLEX TIME

Flex Time gives you the ability to be FLEXIBLE with the TIME! You are able to show up at any time during the "Flex Time" time slot. The workout will take approximately 45 minutes. Please allow a 45 minute window from the start of your workout until the end time of the Flex Time time slot.

Visit: www.russelseanfitness.com for more info.