

# RICHMOND BALANCE

## *Group Exercise Schedule*

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						<b>9-10am</b> <b>Barre</b>  <b>Meredith</b> <b>/ Jennie</b>
		<b>5:45-6:45pm</b> <b>Zumba</b>  <b>Esther</b> <b>Hyatt</b>		<b>5:45-6:45pm</b> <b>Yogilates</b>  <b>Jennifer</b> <b>McNeil</b>		
	<b>7:00-8:00</b> <b>Cardio</b> <b>Circuit</b>  <b>Myron</b> <b>Mendoza</b>		<b>7:15-8:15pm</b> <b>Barre</b>  <b>Meredith</b> <b>Michaels</b>			