

Class Schedule

Richmond Health Club



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am Strong	5:30 am Hybrid	5:30 am Strong	5:30 am Hybrid	5:30 am Strong	7:30 am Team Sweat
5:45 am Reformer, Signature	5:45 am Reformer, Signature, 2 Instructors	5:45 am Reformer, Signature	5:45 am Reformer, Signature	5:45 am Reformer, Signature	7:45 am Hot Mat Pilates, Strength
6:00 am Hot Mat Pilates, Signature	6:00 am Mat Pilates	6:00 am Hot Mat Pilates, Strength	6:00 am Hot Mat Pilates, Strength	6:00 am Hot Mat Pilates, Strength	8:00 am Vinyasa Flow
6:15 am Vinyasa Flow	6:15 am Hot Vinyasa	6:15 am Vinyasa Flow	6:15 am Vinyasa Flow	6:15 am Vinyasa Flow	8:15 am Reformer, Signature
6:30 am Strong	6:30 am Hybrid	6:30 am Strong	6:30 am Hybrid	6:30 am Strong	8:30 am Team Sweat
6:45 am Reformer, Signature	6:45 am Reformer, Signature, 2 Instructors	6:45 am Reformer, Signature	6:45 am Reformer, Signature	6:45 am Reformer, Signature	8:45 am Bathhouse, Social
7:00 am Hot Mat Pilates, Signature	7:00 am Mat Pilates	7:00 am Hot Mat Pilates, Strength	7:00 am Hot Mat Pilates, Strength	7:00 am Hot Mat Pilates, Strength	9:00 am Mellow Flow
7:15 am Mellow Flow	7:00 am Mat Pilates	7:15 am Mellow Flow	7:15 am Vinyasa Flow	7:15 am Vinyasa Flow	9:15 am Reformer, Signature
7:30 am Strong	7:15 am Hot Vinyasa	7:30 am Strong	7:30 am Hybrid	7:30 am Strong	9:30 am Team Sweat
7:45 am Reformer, Signature	7:30 am Hybrid	7:45 am Reformer, Signature	7:45 am Reformer, Signature	12:15 pm Reformer, Signature	9:45 am Hot Mat Pilates, Strength
12:15 pm Reformer, Signature	7:45 am Reformer, Signature, 2 Instructors	10:15 am Vinyasa Flow	12:15 pm Hybrid	12:15 pm Strong	10:15 am Reformer, Signature
12:15 pm Strong	12:15 pm Mat Pilates	12:15 pm Breathwork, Rest	12:15 pm Mat Pilates	12:30 pm Sound Journey	10:30 am Breathwork, Journey
4:15 pm Vinyasa Flow	12:15 pm Hybrid	12:15 pm Reformer, Signature	12:30 pm Breathwork, Energy	4:30 pm Breathwork, Journey	11:30 am Sound Journey
5:00 pm Strong	12:15 pm Mellow Flow	12:15 pm Strong	4:15 pm Vinyasa Flow	4:30 pm Hot Mat Pilates, Signature	Sunday
5:15 pm Hot Mat Pilates, Cardio & Strength	12:30 pm Reformer, Signature	5:00 pm Strong	5:00 pm Hybrid	5:00 pm Strong	
5:15 pm Yoga Nidra	5:00 pm Hybrid	5:15 pm Hot Mat Pilates, Signature	5:15 pm Mat Pilates	5:30 pm Reformer, Signature	
5:30 pm Reformer, Signature	5:15 pm Hot Mat Pilates, Signature	5:15 pm Hot Vinyasa	5:30 pm Yamuna Body Rolling	5:30 pm Bathhouse, Social	
6:00 pm Strong	5:15 pm Vinyasa Flow	5:30 pm Reformer, Signature	5:30 pm Reformer, Signature	5:30 pm Candlelit Yin	
6:15 pm Hot Mat Pilates, Cardio & Strength	5:30 pm Reformer, Signature	6:00 pm Strong	6:00 pm Hybrid	6:00 pm Strong	
6:30 pm Reformer, Signature	6:00 pm Hybrid	6:00 pm Bathhouse, Down Shift	6:15 pm Mat Pilates	6:45 pm Yoga Nidra	
6:45 pm Sound Journey	6:15 pm Hot Mat Pilates, Strength	6:15 pm Hot Vinyasa	6:30 pm Reformer, Signature		
	6:15 pm Candlelit Yin	6:15 pm Hot Mat Pilates, Signature	6:45 pm Sound Journey		
	6:30 pm Reformer, Signature	6:30 pm Reformer, Signature			

Sample schedule, subject to change.
Latest schedule available through The Commons Health Club app.