



RESULTS ONLY FITNESS



CLASS SCHEDULE

MONDAY - THURSDAY

5:30AM

7:00AM

8:15AM

9:30AM

10:45AM (PRIME 65+)
MON. & WED.

4:30PM

5:45PM

7:00PM

FRIDAY

5:30AM

7:00AM

8:15AM

9:30AM

10:45AM (PRIME 65+)

4:30PM

5:45PM

SATURDAY

7:00AM

8:15AM

9:30AM

SUNDAY

8:15AM

9:30AM

Personal training by appointment only.

602-944-0747 • www.ResultsOnly.com
7030 N. 7th Street, Phoenix, AZ 85020