

Virtual RPM Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		5:30 AM		5:30 AM		
6:45 AM	6:45 AM	6:45 AM	6:45 AM	6:45 AM	7:00 AM	
8:00 AM	10:00 AM	8:00 AM	8:00 AM	8:30 AM	10:00 AM	10:30 AM
11:30 AM	11:15 AM	10:30 AM	9:00 AM	9:45 AM	11:15 AM	11:45 AM
12:45 PM	12:30 AM	11:45 AM	10:00 AM	11:00 AM	12:30 PM	1:00 PM
2:00 PM	1:45 PM	1:00 PM	11:15 AM	12:15 PM	1:45 PM	2:15 PM
3:15 PM	3:00 PM	2:15 PM	12:30 PM	1:30 PM	3:00 PM	3:30 PM
4:15 PM	4:15 PM	3:30 PM	1:45 PM	2:45 PM	4:15 PM	4:45 PM
7:00 PM	7:00 PM	4:30 PM	3:00 PM	4:00 PM	5:30 PM	
8:15 PM	8:30 PM	7:15 PM	4:15 PM	5:15 PM	6:45 PM	
		8:30 PM	7:30 PM	6:30 PM		



DAC Fitness Southaven

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For questions contact Group Fitness Director

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