GROUP EXERCISE SCHEDULE

Schedule Effective December 21-27, 2015
See Website and Newsletter for Special Workshops and Retreats

LEVEL * 301.229.0080 * 7687 MACARTHUR BLVD. CABIN JOHN MD

M 12/21	T 12/22	W 12/23	T 12/24	F 12/25	S 12/26	S 12/27
MORNING SESSIONS:			CLUB HOURS: 6AM - 2PM			
6AM LEVEL XT JOCIE 830AM BARRE-BODY STEPHANIE*** 830AM CYCLE KATHY 945AM STEP/AEROBICS KATHY 930AM ROLL& CORE KEVIN*** 1030AM BURN FACTOR KATHY	6AM BODYFLOW™ JANET 8AM-930AM YOGA JULIE*** 9AM BURN FACTOR ADRIANE 10AM LEVEL XT JANET	6AM TONE-IT JOCIE 830AM BODYFLOW™ ADRIANE*** 930AM CYCLE ADRIANE 945AM LEVEL XT BRIAN 10AM ROLL & CORE KEVIN	6AM BODYFLOW JANET 7AM TABATA BOOT CAMP JANET 8-930AM YOGA JULIE*** 9AM TO THE CORE DAVID 9AM CYCLE ADRIANE 10AM BODYFLOW ADRIANE	CLUB CLOSED HAPPY HOLIDAYS!	8AM MET BOOST ADRIANE 9AM CYCLE II ADRIANE 9AM LEVEL XT BRIAN 10AM BODYFLOW™ ADRIANE 1110AM TAI CHI MELISSA	9AM CYCLE I MIMI 930-11AM YOGA INSTRUCTOR
3PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 615PM LEVEL XT KATHY	530PM STRENGTH DAVID *Limited to 8 persons* *Takes place in Main Gym* 615PM CYCLE ADRIANE 630PM BODYFLOW STEPHANIE***	2PM TAI CHI MELISSA 3PM BEG. PILATES MELISSA 4PM CYCLE I MARY DUKE 6PM STRENGTH CIRCUIT DAVID			***These classes are held in the UPSTAIRS studio ** & * These classes are explained on the back of this sheet with the descriptions of the Pilates Reformer Classes. --- All Classes are 45 minutes unless otherwise stated	