

GROUP EXERCISE SCHEDULE

Schedule Effective JULY 3 - JULY 30, 2017

See Website and Newsletter for Special Workshops and Retreats



LEVEL * 301.229.0080 * 7687 MACARTHUR BLVD. CABIN JOHN MD

M	T	W	T	F	S	S
6AM - 6:45AM LEVEL XT JOCIE	6AM - 6:55AM BODYFLOW™ JANET***	6AM - 6:45AM TONE-IT JOCIE	6AM - 6:45AM FOAM ROLLING JANET/ADRIANE***	6AM - 6:45AM TABATA BOOTCAMP JANET	8AM - 8:45AM MET BOOST ADRIANE/NICOLE	8:45AM - 9:30AM ZUMBA ALLISON
8:30AM - 9:15AM BARRE-BODY STEPHANIE***	8AM-9:30AM YOGA JULIE***	8:30AM - 9:20AM BODYFLOW™ ADRIANE***	8AM - 9:30AM YOGA JULIE***	8:30AM - 9:15AM BARRE-TONE JOCIE***	9AM - 9:50AM CARDIO KICKBOX NICOLE	9:45AM - 11:15AM YOGA NOOSHEN
9:30AM - 10:15AM ZUMBA STEPHANIE	9AM - 9:45AM BURN FACTOR ADRIANE	9:30AM - 10:15AM TONE-IT! NICOLE	9AM - 9:45AM BURN FACTOR ADRIANE	9:30AM - 10:15AM LEVEL XT NICOLE	9AM - 10:30AM YOGA JULIE***	
9:30AM - 10:10AM FOAM ROLLING KEVIN***	10AM - 10:45AM LEVEL XT NICOLE	10AM - 10:45AM FOAM ROLLING KEVIN***	10AM - 11:00AM ZUMBA LUIS	9:20AM - 10:15AM BODYFLOW™ JANET***	10AM - 10:55AM BODYFLOW™ STEPHANIE	
10:20AM - 10:50AM TABATA EXTREME JANET		2PM - 2:50PM TAI CHI MELISSA	10:00AM - 10:30AM TABATA EXTREME JANET***	10:20AM - 11:00AM FOAM ROLLING KEVIN***	11:10AM - 12:00PM TAI CHI MELISSA (50 MIN)	
10:15AM - 11:00AM INT. PILATES MAT CAROLYN***	6:15PM - 7:00PM GYM CIRCUIT DEREK. (MAX 8 PERSONS)	3PM - 3:45PM BEG. PILATES MELISSA		2PM - 2:50PM TAI CHI BASICS MELISSA		
3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE	6:15PM - 7:15PM ZUMBA LUIS	4PM - 4:45PM B.S.F. BALANCE, STRENGTH AND FLEXIBILITY MARY DUKE	3PM - 3:45PM WORKOUT 101 KEVIN	3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE		
6:15PM - 7:00PM LEVEL XT KATHY		5:30PM - 6:15PM FOAM ROLLING KEVIN***	6:15PM - 7:00PM CARDIO/CORE DEREK	5:45PM - 7:00PM YOGA*** JULIE (75 min)		
		6:15PM - 7:00PM STRENGTH CIRCUIT KATHY				
		7PM - 8:30PM YOGA*** NOOSHEN				

*** These classes are held in the UPSTAIRS studio