

GROUP EXERCISE SCHEDULE

Schedule Effective June 1, 2016

See Website and Newsletter for Special Workshops and Retreats



LEVEL * 301.229.0080 * 7687 MACARTHUR BLVD. CABIN JOHN MD

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MORNING SESSIONS:

6AM - 6:45AM LEVEL XT JOCIE 8:30AM - 9:15AM BARRE-BODY STEPHANIE*** 8:30AM - 9:15AM CYCLE KATHY 9:45AM - 10:30AM LEVEL XT ADRIANE 9:30AM - 10:10AM ROLL & CORE KEVIN*** 10:15AM - 11:00AM INT. PILATES MAT CAROLYN***	6AM - 6:55AM BODYFLOW™ STAFF 8AM-9:30AM YOGA JULIE*** 9AM - 9:45AM BURN FACTOR ADRIANE 10AM - 10:45AM LEVEL XT NICOLE 3PM - 3:45PM TRX PLUS KATHY	6AM - 6:45AM TONE-IT JOCIE 8:30AM - 9:20AM BODYFLOW™ ADRIANE*** 8:45AM - 9:30AM TRX PLUS KATHY 9:30AM - 10:15AM CYCLE ADRIANE 9:45AM - 10:30AM TONE-IT! NICOLE 10AM - 10:45AM ROLL & CORE KEVIN*** 11:30AM - 12:45PM AERIAL YOGA DEBRA <i>FEE BASED CLASS* (See descriptions for more info)</i>	6AM - 6:45AM TABATA JANET/ADRIANE 8AM - 930AM YOGA LINDA*** 9AM - 9:45AM BURN FACTOR ADRIANE	6AM - 6:45AM TABATA BOOTCAMP JANET 8:30AM - 9:15AM BARRE-TONE JOCIE*** 9:15AM - 10AM CYCLE MARY DUKE 9:30AM - 10:15AM LEVEL XT NICOLE 10:15AM - 11AM TONE-IT! NICOLE 9:20AM - 10:15AM BODYFLOW™ STAFF*** 10:20AM - 11:00AM ROLL & CORE KEVIN***	8AM - 8:45AM MET BOOST KATHY/ADRIANE 9AM - 9:45AM CYCLE KATHY/ADRIANE 9AM - 9:45AM LEVEL XT NICOLE 9AM - 10:30AM YOGA JULIE*** 10AM - 10:55AM BODYFLOW™ STEPHANIE 11:10AM - 12PM TAI CHI MELISSA (50 MIN)	9AM - 9:45AM CYCLE MIMI 8:45AM - 9:30AM ZUMBA ALLISON/VALENTINA 945 - 11:15AM YOGA LINDA
2PM - 2:50PM TAI CHI						
3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 6:15PM - 7:00PM LEVEL XT KATHY	6:30PM - 7:45PM AERIAL YOGA DEBRA <i>FEE BASED CLASS* (See descriptions for more info)</i> 615PM - 7PM CYCLE ADRIANE 630PM - 7:15PM BARRE-BODY STEPHANIE***	3PM - 3:45PM BEG. PILATES MELISSA 4PM - 4:45PM CYCLE MARY DUKE 615PM - 7:00PM STRENGTH CIRCUIT KATHY 7PM - 8PM YOGA ANDREA	3PM - 3:45PM WORKOUT 101 KEVIN 6PM - 7PM CYCLE/CORE/MED DAVID 6:30PM - 7:25PM BODYFLOW™ STEPHANIE***	2PM - 2:50PM TAI CHI MELISSA 3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 5:45PM - 7PM YOGA*** JULIE (75 min)	*** These classes are held in the UPSTAIRS studio	