

GROUP EXERCISE SCHEDULE

Schedule Effective **MAY 4, 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:

<p>6AM - 6:45AM LEVEL XT JOCIE</p> <p>8:30AM - 9:15AM BARRE-BODY STEPHANIE***</p> <p>8:30AM - 9:15AM CYCLE KATHY</p> <p>9:45AM - 10:30AM LEVEL XT ADRIANE</p> <p>9:30AM - 10:10AM ROLL & CORE KEVIN***</p> <p>10:15AM - 11:00AM INT. PILATES MAT CAROLYN***</p>	<p>6AM - 6:55AM BODYFLOW™ STAFF</p> <p>8AM-9:30AM YOGA JULIE***</p> <p>9AM - 9:45AM BURN FACTOR ADRIANE</p> <p>10AM - 10:45AM LEVEL XT NICOLE</p> <p>3PM - 3:45PM TRX PLUS KATHY</p>	<p>6AM - 6:45AM TONE-IT JOCIE</p> <p>8:30AM - 9:20AM BODYFLOW™ ADRIANE***</p> <p>8:45AM - 9:30AM TRX PLUS KATHY</p> <p>9:30AM -10:15AM CYCLE ADRIANE</p> <p>9:45AM - 10:30AM TONE-IT! NICOLE</p> <p>10AM - 10:45AM ROLL & CORE KEVIN***</p> <p>11:30AM - 12:45PM AERIAL YOGA DEBRA <i>FEE BASED CLASS* (See descriptions for more info)</i></p> <p>2PM - 2:50PM TAI CHI MELISSA</p>	<p>6AM - 6:45AM TABATA JANET/ADRIANE</p> <p>8AM - 930AM YOGA LINDA***</p> <p>9AM - 9:45AM TO THE CORE DAVID</p> <p>10AM - 10:45AM BOX XT ADRIANE</p>	<p>6AM - 6:45AM TABATA BOOTCAMP JANET</p> <p>8:30AM - 9:15AM BARRE-TONE JOCIE***</p> <p>9:15AM - 10AM CYCLE MARY DUKE</p> <p>9:30AM - 10:15AM LEVEL XT NICOLE</p> <p>10:15AM - 11AM TONE-IT! NICOLE</p> <p>9:20AM - 10:15AM BODYFLOW™ STAFF***</p> <p>10:20AM - 11:00AM ROLL & CORE KEVIN***</p>	<p>8AM - 8:45AM MET BOOST KATHY/ADRIANE</p> <p>9AM - 9:45AM CYCLE KATHY/ADRIANE</p> <p>9AM - 9:45AM LEVEL XT NICOLE</p> <p>9AM - 10:30AM YOGA JULIE***</p> <p>10AM - 10:55AM BODYFLOW™ STEPHANIE</p> <p>11:10AM - 12PM TAI CHI MELISSA (50 MIN)</p>	<p>9AM - 9:45AM CYCLE MIMI</p> <p>8:45AM - 9:30AM ZUMBA ALLISON/VALENTINA</p> <p>945 - 11:15AM YOGA LINDA</p>
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<p>3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE</p> <p>6:15PM - 7:00PM LEVEL XT KATHY</p>	<p>5:35PM - 6:25PM STRENGTH DAVID <i>Limited to 8 persons Takes place in Main Gym</i></p> <p>615PM - 7PM CYCLE ADRIANE</p> <p>630PM - 7:15PM BARRE-BODY STEPHANIE***</p>	<p>3PM - 3:45PM BEG. PILATES MELISSA</p> <p>4PM - 4:45PM CYCLE MARY DUKE</p> <p>615PM - 7:00PM STRENGTH CIRCUIT KATHY</p> <p>7PM - 8PM YOGA ANDREA</p>	<p>3PM - 3:45PM WORKOUT 101 KEVIN</p> <p>6PM - 7PM CYCLE/CORE/MED DAVID</p> <p>6:30PM - 7:25PM BODYFLOW™ STEPHANIE***</p>	<p>2PM - 2:50PM TAI CHI BASICS MELISSA</p> <p>3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE</p> <p>5:45PM - 7PM YOGA*** JULIE (75 min)</p>	<p>*** These classes are held in the UPSTAIRS studio</p>
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