

GROUP EXERCISE SCHEDULE

Schedule Effective OCT. 3, 2016

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 8:30AM - 9:15AM BARRE-BODY STEPHANIE*** 8:30AM - 9:15AM LEVEL XT KATHY 9:30AM - 10:15AM ZUMBA STEPHANIE 9:30AM - 10:10AM ROLL & CORE KEVIN*** 10:15AM - 11:00AM INT. PILATES MAT CAROLYN*** 3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 6:15PM - 7:00PM LEVEL XT KATHY 7:05PM - 8:05PM ZUMBA KAREN (STARTS OCTOBER 10TH)	6AM - 6:55AM BODYFLOW™ JANET 8AM-9:30AM YOGA JULIE*** 9AM - 9:45AM BURN FACTOR ADRIANE 10AM - 10:45AM LEVEL XT NICOLE 5:30PM - 6:15PM STRENGTH CIRCUIT IN MAIN GYM KEVIN H. (MAX 8 PERSONS) 6:15PM - 7PM CYCLE ADRIANE 6:30PM - 7:15PM PILATES MAT STEPHANIE***	6AM - 6:45AM TONE-IT JOCIE 8:30AM - 9:20AM BODYFLOW™ ADRIANE*** 9:30AM -10:15AM CYCLE ADRIANE 9:30AM - 10:15AM TONE-IT! NICOLE 10AM - 10:45AM ROLL & CORE KEVIN*** 11:30AM - 12:45PM AERIAL YOGA DEBRA <i>FEE BASED CLASS*</i> 2PM - 2:50PM TAI CHI MELISSA 3PM - 3:45PM BEG. PILATES MELISSA 4PM - 4:45PM CYCLE MARY DUKE 6:15PM - 7:00PM STRENGTH CIRCUIT KATHY	6AM - 6:45AM BODYFLOW JANET/ADRIANE 8AM - 9:30AM YOGA JULIE*** 9AM - 9:45AM BURN FACTOR ADRIANE 10:00AM - 11:00AM ZUMBA LUIS 3PM - 3:45PM WORKOUT 101 KEVIN 6PM - 6:30PM CYCLE ADRIANE/LORI 6:35PM - 6:55PM AB-BLAST ADRIANE/LORI 6:30PM - 7:25PM BODYFLOW™ STEPHANIE***	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 9:20AM - 10:15AM BODYFLOW™ JANET*** 10:20AM - 11:00AM ROLL & CORE KEVIN*** 2PM - 2:50PM TAI CHI BASICS MELISSA 3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 5:45PM - 7PM YOGA*** JULIE (75 min)	8AM - 8:45AM MET BOOST STAFF 9AM - 9:45AM CYCLE STAFF 9AM - 9:45AM LEVEL XT NICOLE 9AM - 10:30AM YOGA JULIE*** 10AM - 10:55AM BODYFLOW™ STEPHANIE 11:10AM - 12PM TAI CHI MELISSA (50 MIN) *** These classes are held in the UPSTAIRS studio	8:45AM - 9:30AM ZUMBA ALLISON 9AM - 9:45AM CYCLE MIMI 9:45AM - 11:15AM YOGA NOOSHEN