

GROUP EXERCISE SCHEDULE

Schedule Effective December 28 - January 2, 2015

See Website and Newsletter for Special Workshops and Retreats



LEVEL * 301.229.0080 * 7687 MACARTHUR BLVD. CABIN JOHN MD

M 12/28	T 12/29	W 12/30	T 12/31	F 01/01	S 01/02	S 01/03
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MORNING SESSIONS:

CLUB HOURS:
6AM - 2PM

6AM LEVEL XT JOCIE 830AM BARRE-BODY STEPHANIE*** 830AM CYCLE KATHY 945AM CARDIO DANCE ADRIANE 930AM ROLL& CORE KEVIN*** 1030AM BURN FACTOR ADRIANE	6AM BODYFLOW™ JANET 8AM-930AM YOGA JULIE*** 9AM BURN FACTOR ADRIANE 10AM LEVEL XT NICOLE 3PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 530PM STRENGTH DAVID <i>Limited to 8 persons Takes place in Main Gym</i> 615PM CYCLE ADRIANE 630PM BODYFLOW STEPHANIE***	6AM TONE-IT JOCIE 830AM BODYFLOW™ ADRIANE*** 900AM LEVEL XT NICOLE 930AM CYCLE ADRIANE 945AM TONE-IT! NICOLE 10AM ROLL & CORE KEVIN*** 2PM TAI CHI MELISSA 3PM BEG. PILATES MELISSA 4PM CYCLE MARY DUKE 6PM STRENGTH CIRCUIT DAVID	6AM BODYFLOW STEPHANIE 8-930AM YOGA JULIE*** 9AM TO THE CORE DAVID 9AM CYCLE ADRIANE 10AM BURN FACTOR ADRIANE	CLUB CLOSED HAPPY NEW YEAR AND WELCOME TO 2016!	8AM MET BOOST ADRIANE 9AM CYCLE ADRIANE 9AM LEVEL XT NICOLE 10AM BODYFLOW™ NICOLE 1110AM TAI CHI MELISSA	9AM CYCLE MIMI 930-11AM YOGA INSTRUCTOR
615PM LEVEL XT KATHY					***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	