

# GROUP EXERCISE SCHEDULE

Schedule Effective **APRIL 10 - MAY 1, 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 - 6:55AM FOAM ROLLING JANET/ADRIANE	6AM - 6:45AM TABATA BOOTCAMP JANET	8AM - 8:45AM MET BOOST ADRIANE	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***	9:00AM - 9:45AM CYCLE ADRIANE	9:00AM - 9:45AM CYCLE LORI
8:30AM - 9:15AM LEVEL XT KATHY	9AM - 9:45AM BURN FACTOR ADRIANE	9:30AM - 10:15AM TONE-IT! NICOLE	9AM - 9:45AM BURN FACTOR ADRIANE	9:15AM - 10:00AM CYCLE MARY DUKE	9AM - 9:45AM LEVEL XT NICOLE	945AM - 11:15AM YOGA NOOSHEN
9:30AM - 10:15AM ZUMBA STEPHANIE	10AM - 10:45AM LEVEL XT NICOLE	10AM - 10:45AM FOAM ROLLING KEVIN***	10AM - 10:30AM TABATA EXTREME JANET	9:30AM - 10:15AM LEVEL XT NICOLE	9AM - 10:30AM YOGA JULIE***	
9:30AM - 10:10AM FOAM ROLLING KEVIN***		2PM - 2:50PM TAI CHI MELISSA	10AM - 11:00AM ZUMBA LUIS	9:20AM - 10:15AM BODYFLOW™ JANET***	10AM - 10:55AM BODYFLOW™ STEPHANIE	
10:15AM - 11:00AM INT. PILATES MAT CAROLYN***		3PM - 3:45PM BEG. PILATES MELISSA		10:20AM - 11:00AM FOAM ROLLING KEVIN***	11:10AM - 12:00PM TAI CHI MELISSA (50 MIN)	
3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE	5:30PM - 6:15PM STRENGTH CIRCUIT IN MAIN GYM KEVIN H. (MAX 8 PERSONS)	4PM - 4:45PM CYCLE MARY DUKE	3PM - 3:45PM WORKOUT 101 KEVIN	2PM - 2:50PM TAI CHI BASICS MELISSA	1:00PM - 2:00PM ZUMBA LUIS	
6:15PM - 7:00PM LEVEL XT KATHY	6:15PM - 7:00PM CYCLE ADRIANE	5:30PM - 6:15PM FOAM ROLLING KEVIN	6:00PM - 6:55PM CYCLE / ABS ADRIANE	3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE		
	6:15PM - 7:15PM ZUMBA LUIS	6:15PM - 7:00PM STRENGTH CIRCUIT KATHY	6:30PM - 7:25PM BODYFLOW™ STEPHANIE***	5:45PM - 7:00PM YOGA*** JULIE (75 min)		
		7PM - 8:30PM YOGA NOOSHEN				

\*\*\* These classes are held in the UPSTAIRS studio