

GROUP EXERCISE SCHEDULE

Schedule Effective JULY 5, 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	6AM - 6:55AM BODYFLOW™ STAFF	6AM - 6:45AM TONE-IT JOCIE	6AM - 6:45AM TABATA JANET/ADRIANE	6AM - 6:45AM TABATA BOOTCAMP JANET		
8:30AM - 9:15AM BARRE-BODY STEPHANIE***	8AM-9:30AM YOGA JULIE***	8:30AM - 9:20AM BODYFLOW™ ADRIANE***	8AM - 930AM YOGA LINDA***	8:30AM - 9:15AM BARRE- TONE JOCIE***	8AM - 8:45AM MET BOOST STAFF	8:45AM - 9:30AM ZUMBA ALLISON/VALENTINA
8:30AM - 9:15AM CYCLE KATHY	9AM - 9:45AM BURN FACTOR ADRIANE	8:45AM - 9:30AM TRX PLUS KATHY	9AM - 9:45AM BURN FACTOR ADRIANE	9:15AM - 10AM CYCLE MARY DUKE	9AM - 9:45AM CYCLE STAFF	9AM - 9:45AM CYCLE MIMI
9:30AM - 10:15AM ZUMBA STEPHANIE	10AM - 10:45AM LEVEL XT NICOLE	9:30AM -10:15AM CYCLE ADRIANE		9:30AM - 10:15AM LEVEL XT NICOLE	9AM - 9:45AM LEVEL XT NICOLE	945AM - 11:15AM YOGA LINDA
9:30AM - 10:10AM ROLL & CORE KEVIN***		9:45AM - 10:30AM TONE-IT! NICOLE	10:00AM - 11:00AM ZUMBA LUIS	9:20AM - 10:15AM BODYFLOW™ STAFF***	9AM - 10:30AM YOGA JULIE***	
10:15AM - 11:00AM INT. PILATES MAT CAROLYN***		10AM - 10:45AM ROLL & CORE KEVIN***		10:20AM - 11:00AM ROLL & CORE KEVIN***	10AM - 10:55AM BODYFLOW™ STEPHANIE	
3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE		11:30AM - 12:45PM AERIAL YOGA DEBRA FEE BASED CLASS*	3PM - 3:45PM WORKOUT 101 KEVIN	3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE	11:10AM - 12PM TAI CHI MELISSA (50 MIN) All Levels Welcome	
	615PM - 7PM CYCLE ADRIANE	2PM - 2:50PM TAI CHI MELISSA All Levels Welcome				
		3PM - 3:45PM BEG. PILATES MELISSA	6PM - 7PM CYCLE/CORE/MED ADRIANE			
		4PM - 4:45PM CYCLE MARY DUKE	6:30PM - 7:25PM BODYFLOW™ STEPHANIE***	5:45PM - 7PM YOGA*** JULIE (75 min)		
6:15PM - 7:00PM LEVEL XT KATHY	630PM - 7:15PM BARRE-BODY STEPHANIE***	615PM - 7:00PM STRENGTH CIRCUIT KATHY				

*** These classes are held in the UPSTAIRS studio