GROUP EXERCISE SCHEDULE

Schedule Effective DEC 1, 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™ JANET	6AM - 6:45AM TONE-IT JOCIE	6AM - 6:45AM BODYFLOW 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 - 9:30AM YOGA JULIE***	8:30AM - 9:15AM BARRE-TONE JOCIE***	8AM - 8:45AM MET BOOST STAFF	8:45AM - 9:30AM ZUMBA ALLISON
8:30AM - 9:15AM LEVEL XT KATHY	9AM - 9:45AM BURN FACTOR ADRIANE	9:30AM -10:15AM CYCLE ADRIANE	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 TONE-IT! NICOLE	10:00AM - 11:00AM ZUMBA LUIS	9:30AM - 10:15AM LEVEL XT NICOLE	9AM - 9:45AM LEVEL XT NICOLE	9:45AM - 11:15AM YOGA NOOSHEN
9:30AM - 10:10AM ROLL& CORE KEVIN***		10AM - 10:45AM ROLL & CORE KEVIN***		9:20AM - 10:15AM BODYFLOW™ JANET***	9AM - 10:30AM YOGA JULIE***	
10:15AM - 11:00AM INT. PILATES MAT CAROLYN***		2PM - 2:50PM TAI CHI MELISSA		10:20AM - 11:00AM ROLL & CORE KEVIN***	10AM - 10:55AM BODYFLOW™ STEPHANIE	
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)*	3PM - 3:45PM BEG. PILATES MELISSA	3PM - 3:45PM WORKOUT 101 KEVIN	2PM - 2:50PM TAI CHI BASICS MELISSA	11:10AM - 12PM TAI CHI MELISSA (50 MIN)	
6:15PM - 7:00PM LEVEL XT KATHY	6:15PM - 7PM CYCLE ADRIANE	4PM - 4:45PM CYCLE MARY DUKE	6PM - 6:30PM CYCLE ADRIANE/LORI	3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE		
7:05PM - 8:05PM ZUMBA KAREN	6:30PM - 7:15PM PILATES MAT STEPHANIE***	615PM - 7:00PM STRENGTH CIRCUIT KATHY	6:35PM - 6:55PM AB-BLAST ADRIANE/LORI	5:45PM - 7PM YOGA*** JULIE (75 min)	*** These classes are held in the UPSTAIRS studio	
		7:00PM - 8:30PM YOGA NOOSHEN	6:30PM - 7:25PM BODYFLOW™ STEPHANIE***			