

GROUP EXERCISE SCHEDULE

Schedule Effective FEB. 20, 2017 - MAR 30, 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
<p>6AM - 6:45AM LEVEL XT JOCIE</p> <p>8:30AM - 9:15AM BARRE-BODY STEPHANIE***</p> <p>8:30AM - 9:15AM LEVEL XT KATHY</p> <p>9:30AM - 10:15AM ZUMBA STEPHANIE</p> <p>9:30AM - 10:10AM FOAM ROLLING KEVIN***</p> <p>10:15AM - 11:00AM INT. PILATES MAT CAROLYN***</p> <p>3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE</p> <p>6:15PM - 7:00PM LEVEL XT KATHY</p>	<p>6AM - 6:55AM BODYFLOW™ JANET</p> <p>8AM-9:30AM YOGA JULIE***</p> <p>9AM - 9:45AM BURN FACTOR ADRIANE</p> <p>10AM - 10:45AM LEVEL XT NICOLE</p> <p>5:30PM - 6:15PM STRENGTH CIRCUIT IN MAIN GYM KEVIN H. (MAX 8 PERSONS)</p> <p>6:15PM - 7:15PM ZUMBA LUIS</p> <p>6:15PM - 7:00PM CYCLE ADRIANE</p>	<p>6AM - 6:45AM TONE-IT JOCIE</p> <p>8:30AM - 9:20AM BODYFLOW™ ADRIANE***</p> <p>9:30AM - 10:15AM TONE-IT! NICOLE</p> <p>10AM - 10:45AM FOAM ROLLING KEVIN***</p> <p>2PM - 2:50PM TAI CHI MELISSA</p> <p>3PM - 3:45PM BEG. PILATES MELISSA</p> <p>4PM - 4:45PM CYCLE MARY DUKE</p> <p>5:30PM - 6:15PM FOAM ROLLING KEVIN</p> <p>6:15PM - 7:00PM STRENGTH CIRCUIT KATHY</p> <p>7PM - 8:30PM YOGA NOOSHEN</p>	<p>6AM - 6:55AM BODYFLOW JANET/ADRIANE</p> <p>8AM - 9:30AM YOGA JULIE***</p> <p>9AM - 9:45AM BURN FACTOR ADRIANE</p> <p>10AM - 11:00AM ZUMBA LUIS</p> <p>3PM - 3:45PM WORKOUT 101 KEVIN</p> <p>6PM - 6:30PM CYCLE ADRIANE</p> <p>6:35PM - 6:55PM AB-BLAST ADRIANE</p> <p>6:30PM - 7:25PM BODYFLOW™ STEPHANIE***</p>	<p>6AM - 6:45AM TABATA BOOTCAMP JANET</p> <p>8:30AM - 9:15AM BARRE-TONE JOCIE***</p> <p>9:15AM - 10:00AM CYCLE MARY DUKE</p> <p>9:30AM - 10:15AM LEVEL XT NICOLE</p> <p>9:20AM - 10:15AM BODYFLOW™ JANET***</p> <p>10:20AM - 11:00AM FOAM ROLLING KEVIN***</p> <p>2PM - 2:50PM TAI CHI BASICS MELISSA</p> <p>3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE</p> <p>5:45PM - 7:00PM YOGA*** JULIE (75 min)</p>	<p>8AM - 8:45AM MET BOOST ADRIANE</p> <p>9AM - 9:45AM CYCLE ADRIANE</p> <p>9AM - 9:45AM LEVEL XT NICOLE</p> <p>9AM - 10:30AM YOGA JULIE***</p> <p>10AM - 10:55AM BODYFLOW™ STEPHANIE</p> <p>11:10AM - 12:00PM TAI CHI MELISSA (50 MIN)</p> <p>1:00PM - 2:00PM ZUMBA LUIS</p>	<p>8:45AM - 9:30AM ZUMBA ALLISON</p> <p>9AM - 9:45AM CYCLE LORI</p> <p>945AM - 11:15AM YOGA NOOSHEN</p>

*** These classes are
held in the
UPSTAIRS studio