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

See Website and Newsletter for Special Workshops and Retreats						
M	Τ	$ \bigvee $	Τ	F	S	S
		6AM - 6:45AM				
6AM - 6:45AM	6AM - 6:55AM	TONE-IT	6AM - 6:55AM	6AM - 6:45AM		
LEVEL XT	BODYFLOW™		BODYFLOW	TABATA BOOTCAMP	8AM - 8:45AM	1
JOCIE	JANET	JOCIE	JANET/ADRIANE	JANET		8:45AM - 9:30AM
JOCIE	•	8:30AM - 9:20AM			MET BOOST	ZUMBA
		BODYFLOW™		8:30AM - 9:15AM	ADRIANE	ALLISON
8:30AM - 9:15AM	8AM-9:30AM	ADRIANE***	8AM - 9:30AM	BARRE-TONE		1
BARRE-BODY	YOGA	ADRIANE	YOGA	JOCIE***	9AM - 9:45AM	1
STEPHANIE***	JULIE***	9:30AM - 10:15AM	JULIE***		CYCLE	9AM - 9:45AM
SIEPHANIE	,01.1	TONE-IT!	· ·	9:15AM - 10:00AM	ADRIANE	CYCLE
8:30AM - 9:15AM	9AM - 9:45AM	NICOLE		CYCLE		LORI
LEVEL XT	BURN FACTOR		9AM - 9:45AM	MARY DUKE	9AM - 9:45AM	25
l l	ADRIANE	10AM - 10:45AM	BURN FACTOR		LEVEL XT	945AM - 11:15AM
KATHY	ADRIANE	FOAM ROLLING	ADRIANE	9:30AM - 10:15AM LEVEL	NICOLE	YOGA
- 1	1044 10.4544	KEVIN***	7.5	хт		NOOSHEN
9:30AM - 10:15AM	10AM - 10:45AM			NICOLE	9AM - 10:30AM	NOOSHEN
ZUMBA	LEVEL XT		10AM - 11:00AM		YOGA	1
STEPHANIE	NICOLE		ZUMBA	9:20AM - 10:15AM	JULIE***	1
JIEI HANIE		2PM - 2:50PM	LUIS	BODYFLOW™	·	1
9:30AM - 10:10AM		TAI CHI		JANET***	10AM - 10:55AM	1
FOAM ROLLING		MELISSA		"""	BODYFLOW™	1
				10:20AM - 11:00AM	STEPHANIE	1
KEVIN***		3PM - 3:45PM		FOAM ROLLING	512111111	1
		BEG. PILATES		KEVIN***	11:10AM - 12:00PM	1
10:15AM - 11:00AM	5:30PM - 6:15PM	MELISSA		KEVIII	TAI CHI	1
INT. PILATES MAT	STRENGTH CIRCUIT	4014 4.45014			MELISSA	1
CAROLYN***	IN MAIN GYM	4PM - 4:45PM CYCLE	3PM - 3:45PM		(50 MIN)	1
CAROLIN	KEVIN H.		WORKOUT 101	2PM - 2:50PM	(50 1-1114)	1
	(MAX 8 PERSONS)	MARY DUKE	KEVIN	TAI CHI BASICS		1
		5:30PM - 6:15PM	KEVIN	MELISSA	1:00PM - 2:00PM	1
	6:15PM - 7:15PM	FOAM ROLLING	6PM - 6:30PM		ZUMBA	1
3PM - 3:45PM	ZUMBA	KEVIN		3PM - 3:45PM		1
B.S.F	LUIS	KEVIN	CYCLE	B.S.F	LUIS	1
BALANCE, STRENGTH &		6:15PM - 7:00PM	ADRIANE	BALANCE, STRENGTH &		1
FLEXIBILITY	6:15PM - 7:00PM	STRENGTH CIRCUIT		FLEXIBILITY		1
MARY DUKE	CYCLE	KATHY	6:35PM - 6:55PM	MARY DUKE		1
- ITALL DOILE	ADRIANE		AB-BLAST			
I		7PM - 8:30PM	ADRIANE	E-4EDM 7-00DM		
6:15PM - 7:00PM		YOGA		5:45PM - 7:00PM YOGA***	***These cl	asses are
LEVEL XT		NOOSHEN	6:30PM - 7:25PM	1 1	heldi	
KATHY			BODYFLOW™	JULIE	UPSTAIRS	
NAIIII			STEPHANIE***	(75 min)		-