

GROUP EXERCISE SCHEDULE

Schedule Effective February 1, 2016

See Website and Newsletter for Special Workshops and Retreats



LEVEL * 301.229.0080 * 7687 MACARTHUR BLVD. CABIN JOHN MD

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MORNING SESSIONS:

6AM LEVEL XT JOCIE 830AM BARRE-BODY STEPHANIE*** 830AM CYCLE KATHY 945AM LEVEL XT ADRIANE 930AM ROLL& CORE KEVIN*** 1015AM INT. PILATES MAT BARBARA***	6AM BODYFLOW™ STAFF 8AM-930AM YOGA JULIE*** 9AM BURN FACTOR ADRIANE 10AM LEVEL XT NICOLE 3PM CARDIO CORE KATHY	6AM TONE-IT JOCIE 830AM BODYFLOW™ ADRIANE*** 845AM STEP & SCULPT KATHY 930AM CYCLE ADRIANE 945AM TONE-IT! NICOLE 10AM ROLL & CORE KEVIN*** 1130AM – 1245PM AERIAL YOGA DEBRA <i>FEE BASED CLASS*</i> <i>(See descriptions for more info)</i>	6AM TABATA JANET/ADRIANE 8-930AM YOGA LINDA*** 9AM TO THE CORE DAVID 10AM BOX XT ADRIANE	6AM TABATA BOOTCAMP JANET 830AM BARRE-TONE JOCIE*** 915AM CYCLE MARY DUKE 945AM LEVEL XT NICOLE 920AM BODYFLOW™ STAFF*** 1020AM ROLL & CORE KEVIN*** 2PM TAI CHI BASICS MELISSA	8AM MET BOOST KATHY/ADRIANE 9AM CYCLE II KATHY/ADRIANE 9AM LEVEL XT NICOLE 9AM - 1030AM YOGA JULIE*** 10AM BODYFLOW™ STEPHANIE 1110AM TAI CHI MELISSA (50 MIN)	9AM CYCLE I MIMI 930-11AM YOGA LINDA
3PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 615PM LEVEL XT KATHY 7PM YOGA FOR FITNESS KATHY	530PM STRENGTH DAVID <i>Limited to 8 persons</i> <i>Takes place in Main Gym</i> 615PM CYCLE ADRIANE 630PM BARRE-BODY STEPHANIE***	2PM TAI CHI MELISSA 3PM BEG. PILATES MELISSA 4PM CYCLE MARY DUKE 6PM STRENGTH CIRCUIT KATHY 7PM YOGA ANDREA	3PM WORKOUT 101 KEVIN 6PM CYCLE/CORE/MED DAVID 630PM BODYFLOW™ STEPHANIE*** 7PM ZUMBA ALLISON	3PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE 545PM YOGA*** JULIE (75 min)	*** These classes are held in the UPSTAIRS studio ** & * These classes are explained on the back of this sheet with the descriptions of the Pilates Reformer Classes. --- All Classes are 45 minutes unless otherwise stated	