

GROUP EXERCISE SCHEDULE

Schedule Effective APRIL 8, 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 - 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	8AM - 8:45AM MET BOOST KATHY/ADRIANE	
8:30AM - 9:15AM BARRE-BODY STEPHANIE***	8AM-9:30AM YOGA JULIE***	8:30AM - 9:20AM BODYFLOW™ ADRIANE***	8AM - 9:30AM YOGA LINDA***	8:30AM - 9:15AM BARRE-TONE JOCIE***	9AM - 9:45AM CYCLE KATHY/ADRIANE	9AM - 9:45AM CYCLE MIMI
8:30AM - 9:15AM CYCLE KATHY	9AM - 9:45AM BURN FACTOR ADRIANE	8:45AM - 9:30AM STEP & SCULPT KATHY	9AM - 9:45AM TO THE CORE DAVID	9:15AM - 10AM CYCLE MARY DUKE	9AM - 9:45AM LEVEL XT NICOLE	9AM - 9:45AM ZUMBA ALLISON
9:45AM - 10:30AM LEVEL XT ADRIANE	10AM - 10:45AM LEVEL XT NICOLE	9:30AM -10:15AM CYCLE ADRIANE	10AM - 10:45AM BOX XT ADRIANE	9:30AM - 10:15AM LEVEL XT NICOLE	9AM - 10:30AM YOGA JULIE***	945 - 11:15AM YOGA LINDA
9:30AM - 10:10AM ROLL & CORE KEVIN***		9:45AM - 10:30AM TONE-IT! NICOLE		10:15AM - 11AM TONE-IT! NICOLE	10AM - 10:55AM BODYFLOW™ STEPHANIE	
10:15AM - 11:00AM INT. PILATES MAT BARBARA***	3PM - 3:45PM CARDIO CORE KATHY	10AM - 10:45AM ROLL & CORE KEVIN***		9:20AM - 10:15AM BODYFLOW™ STAFF***		
		11:30AM - 12:45PM AERIAL YOGA DEBRA <i>FEE BASED CLASS* (See descriptions for more info)</i>		10:20AM - 11:00AM ROLL & CORE KEVIN***	11:10AM - 12PM TAI CHI MELISSA (50 MIN)	
		2PM - 2:50PM TAI CHI MELISSA				
3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE	5:35PM - 6:25PM STRENGTH DAVID <i>Limited to 8 persons Takes place in Main Gym</i>	3PM - 3:45PM BEG. PILATES MELISSA	3PM - 3:45PM WORKOUT 101 KEVIN	2PM - 2:50PM TAI CHI BASICS MELISSA	*** These classes are held in the UPSTAIRS studio	
6:15PM - 7:00PM LEVEL XT KATHY	615PM - 7PM CYCLE ADRIANE	4PM - 4:45PM CYCLE MARY DUKE	6PM - 7PM CYCLE/CORE/MED DAVID	3PM - 3:45PM B.S.F BALANCE, STRENGTH & FLEXIBILITY MARY DUKE		
7PM - 7:55PM YOGA FOR FITNESS KATHY	630PM - 7:25PM BARRE-BODY STEPHANIE***	6PM - 6:45PM STRENGTH CIRCUIT KATHY	6:30PM - 7:25PM BODYFLOW™ STEPHANIE***	5:45PM - 7PM YOGA*** JULIE (75 min)		
		7PM - 8PM YOGA ANDREA				