

THE ST·JAMES

GROUP FITNESS SCHEDULE

JANUARY 1-31

GROUP FITNESS STUDIO
 CYCLE STUDIO
 FIELD HOUSE
 POOL HOUSE
 PILATES STUDIO

 AGILITY TURF
 TREADMILLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	8:00-9:00 AM	9:00-9:45 AM
Infantry Camp Derek A	Infantry Camp Athar P	Infantry Camp Christie F	Infantry Camp Dereck A	Infantry Camp Alexx G	World Ride Heidi M	World Ride Athar P
6:45-7:15 AM	7:00-7:45 AM	6:00-6:45 AM	6:45-7:15 AM	7:30-8:15 AM	9:30-10:15 AM	10:00-11:00 AM
Performance Cycle Dru R	Rhapsody Hanna D	World Ride Heidi M	Performance Cycle Dru R	Infantry Camp Athar P	Sculpted Elisabeth B	Yin Yoga Ginny L
8:30-9:15 AM	7:15-8:00 AM	7:00-7:45 AM	9:00-9:45 AM	7:00-7:45 AM	10:15-11:00 AM	10:30-11:15 AM
Infantry Camp Athar P	Strong Dereck A	TABATA Christie F	Barre Ginny L	Rhapsody Hanna D	Rhapsody Alexx G	Strong Christie F
9:30-10:15 AM	8:15-9:00 AM	8:00-8:45 AM	10:00-10:45 AM	8:15-9:00 AM	10:30-11:15 AM	
Sculpted Becky T	Tabata Dereck A	Rhapsody Christie F	Vinyasa Yoga Ginny L	TABATA Alexx G	Essentrics Christina Z	
9:30-10:15 AM	11:00-11:45 PM	9:30-10:15 AM	12:00-12:45 PM	9:15-10:00 AM	11:15-12:00 PM	
Pilates Reformer Jennifer H	Essentrics Christina Z	Pilates fusion Becky T	Strong Alexx G	Strong Alexx G	ZUMBA Rene B	
10:00-11:00 AM	5:30-6:15 PM	10:00-11:00 AM	5:30-6:15 PM	9:30-10:15 AM	12:00-1:00 PM	
Vinyasa Yoga Alex G	Sculpted Alexx G	Vinyasa Yoga Alex G	Sculpted Elisabeth B	Pilates Reformer Patricia H	Vinyasa Yoga Christie T	
11:00-12:00 AM	6:30-7:15 PM	10:15-11:00 AM	6:30-7:15 PM	10:00-11:00 AM		
Aqua Melvin W	MixedFitt Ladonna G	Perform Will B	Rhapsody Many M	Vinyasa Yoga Alex G		
5:15-6:00 PM	6:30-7:15 PM	11:00-12:00 PM	6:30-7:15 PM	11:00-12:00 AM		
Tabata Christie F	Rhapsody Christina B	Aqua Melvin W	Mixed Fit Ladonna G	Aqua Corina M		
6:15-7:15 PM	7:15-8:00 PM	12:30-1:15 PM	6:30-7:15 PM	12:00-12:45 PM		
Vinyasa+Core Ginny L	Tabata Alexx G	Pilates Reformer Patricia H	Phitt Running Athar P	Pilates Mat Jennifer H		
6:30-7:15 PM		5:15-6:00 PM		7:00-8:00 PM		
Rhapsody Christie F		ZUMBA Alexx G		Yin Yoga Christie T		
7:15-8:00 PM		6:15-7:00 PM				
Barre Ginny L		Perform Alexx G				
		7:15-8:00 PM				
		Barre Briana M				