



BUILD



BURN



RECOVER

GROUP FITNESS SCHEDULE

RESTON | AUGUST 1-30

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|--|---|
| 6:00-6:45AM | 6:00-6:45AM | 6:00-6:45AM | 6:00-6:45AM | 6:00-6:45AM | 8:30-9:15AM | 8:30-9:15AM |
| INFANTRY CAMP ATHLETIC TURF JAKOB S | TABATA+ MAIN STUDIO JEN A | PERFORMANCE CYCLE CYCLE STUDIO SARAH J | SCULPTED MAIN STUDIO JEN A | INFANTRY CAMP ATHLETIC TURF JAKOB S | SCULPTED MAIN STUDIO DAVID T | TABATA+ MAIN STUDIO JEN A |
| 7:00-7:45AM | 7:00-7:45AM | 7:00-7:45AM | 7:00-7:45AM | 7:00-7:45AM | 9:15-10:00AM | 8:00-9:00 AM |
| ATHLETIC GRIT ATHLETIC TURF JEN A | INFANTRY CAMP ATHLETIC TURF JEN A | ATHLETIC GRIT ATHLETIC TURF DAVID T | INFANTRY CAMP ATHLETIC TURF JEN A | HIIT THE TRACK TREADMILL STUDIO JAKOB S | ATHLETIC GRIT ATHLETIC TURF LIA T | GROUP RUN TREADMILL STUDIO KYLE B |
| 7:00-7:45AM | 7:30-8:30AM | 8:00-8:45AM | 7:30-8:30AM | 7:45-8:30AM | 9:30-10:15AM | 9:30-10:30AM |
| HIIT THE TRACK TREADMILL STUDIO JAKOB S | ASHTANGA YOGA MAIN STUDIO SARAH B | INFANTRY CAMP ATHLETIC TURF DAVID T | ASHTANGA YOGA MAIN STUDIO SARAH B | TABATA+ MAIN STUDIO JEN A | RHAPSODY CYCLE STUDIO JAKOB S | ZUMBA MAIN STUDIO LIEN N |
| 8:00-8:45AM | 9:30-10:15AM | 9:00-9:45AM | 9:00-9:30AM | 9:00-10:00AM | 9:30-10:30AM | 9:30-10:15AM |
| TABATA+ MAIN STUDIO DAVID T | RHAPSODY CYCLE STUDIO SARAH B | YOGA SCULPT MAIN STUDIO JORDAN K | HARD CORE MAIN STUDIO SARAH B | VINYASA YOGA MAIN STUDIO EMILY D | MIXXEDFIT DANCE MAIN STUDIO PAULA B | INFANTRY CAMP ATHLETIC TURF JEN A |
| 9:00-9:45AM | 9:30-10:15AM | 10:00-10:45AM | 9:30-10:15AM | 10:30-11:15AM | 10:15-11:00AM | 9:45-10:30AM |
| BEYOND STRENGTH MAIN STUDIO MANAL M | SCULPTED MAIN STUDIO MANAL M | TABATA+ MAIN STUDIO MANAL M | PERFORMANCE CYCLE CYCLE STUDIO TAMMY C | ATHLETIC GRIT ATHLETIC TURF EMILY D | INFANTRY CAMP ATHLETIC TURF DAVID T | PERFORMANCE CYCLE CYCLE STUDIO TAMMY C |
| 10:00-11:00AM | 10:30-11:00AM | 12:00-12:45PM | 12:00-12:45PM | | 10:45-11:45AM | 10:45-11:45AM |
| VINYASA YOGA MAIN STUDIO SARAH B | HARD CORE MAIN STUDIO MANAL M | PERFORMANCE CYCLE CYCLE STUDIO SARAH B | MAT PILATES MAIN STUDIO SARAH B | | VINYASA YOGA MAIN STUDIO EMILY D | VINYASA YOGA MAIN STUDIO MAHRUKH A |
| 12:00-12:45PM | 12:00-1:00PM | 5:15-6:00PM | 5:15-6:00PM | | 12:00-12:45PM | 3:30-4:30PM |
| SCULPTED MAIN STUDIO SARAH B | VINYASA YOGA MAIN STUDIO JORDAN K | CARDIO BOXING MAIN STUDIO MARC D | BARRE MAIN STUDIO TAMARA J | | BARRE MAIN STUDIO ZAKIYA J | RESTORATIVE YOGA MAIN STUDIO SARAH B |
| 5:15-6:00PM | 5:15-6:15PM | 5:30-6:15PM | 5:45-6:30PM | | | |
| PERFORMANCE CYCLE CYCLE STUDIO SARAH B | PERFORMANCE CYCLE CYCLE STUDIO TAMMY C | HIIT THE TRACK TREADMILL STUDIO MARC D | RHAPSODY CYCLE STUDIO TAMARA J | | | |
| 6:15-7:15PM | 6:30-7:15PM | 6:15-7:15PM | 6:30-7:30PM | | | |
| VINYASA YOGA MAIN STUDIO MAGGIE N | INFANTRY CAMP ATHLETIC TURF EMILY D | VINYASA YOGA MAIN STUDIO MAGGIE N | RESTORATIVE YOGA MAIN STUDIO EMILY D | | | |
| 6:30-7:15PM | 6:30-7:30PM | 6:30-7:15PM | | | | |
| INFANTRY CAMP ATHLETIC TURF MARC D | MIXXEDFIT DANCE MAIN STUDIO PAULA B | ATHLETIC GRIT ATHLETIC TURF TAMMIE S | | | | |

GROUP FITNESS POLICIES

Please make every effort to arrive at class on time and stay until the cooldown is completed at the end of class

Dress appropriately in workout clothes and wear closed-toe athletic shoes. We recommend that our members do not wear cycling shoes in the spaces outside the Cycle studio as these types of shoes may damage the wood floors