

THE ST·JAMES
PERFORMANCE CLUB
RESTON

GROUP CLASS
SCHEDULE

DECEMBER

Please arrive 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.



BUILD



BURN



RECOVER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	8:30-915 AM	8:30-915 AM
INFANTRY CAMP LOWER TURF KYLE B	TABATA+ MAIN STUDIO JEN A	PERFORMANCE CYCLE CYCLE STUDIO SARAH J	SCULPTED MAIN STUDIO JEN A	INFANTRY CAMP LOWER TURF KYLE B	SCULPTED MAIN STUDIO DAVID T	TABATA+ MAIN STUDIO JEN A
7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	9:15-10:00 AM	9:30-10:30 AM
ATHLETIC GRIT LOWER TURF JEN A	INFANTRY CAMP LOWER TURF JEN A	ATHLETIC GRIT LOWER TURF DAVID T	INFANTRY CAMP LOWER TURF JEN A	HIIT THE TRACK TREADMILL STUDIO KYLE B	ATHLETIC GRIT LOWER TURF MARC D	ZUMBA MAIN STUDIO LIEN N
7:00-7:45 AM	9:30-10:15 AM	7:00-8:00 AM	7:30-8:30 AM	7:45-8:30 AM	9:30-10:15 AM	9:30-10:15 AM
HIIT THE TRACK TREADMILL STUDIO KYLE B	RHAPSODY CYCLE STUDIO SARAH B	VINYASA YOGA MAIN STUDIO RITA R	ASHTANGA YOGA MAIN STUDIO SARAH B	TABATA+ MAIN STUDIO JEN A	RHAPSODY CYCLE STUDIO JAKOB S	INFANTRY CAMP LOWER TURF JEN A
9:00-9:45 AM	9:30-10:15 AM	9:00-9:45 AM	9:00-9:30 AM	9:00-10:00 AM	9:30-10:30 AM	9:45-10:30 AM
BEYOND STRENGTH MAIN STUDIO MANAL M	SCULPTED MAIN STUDIO MANAL M	YOGA SCULPT MAIN STUDIO JORDAN K	HARD CORE MAIN STUDIO SARAH B	VINYASA YOGA MAIN STUDIO EMILY D	MIXXEDFIT DANCE MAIN STUDIO PAULA B	PERFORMANCE CYCLE CYCLE STUDIO TAMMY C
10:00-10:45 AM	10:30-11:00 AM	10:00-10:45 AM	9:30-10:15 AM	10:30-11:15 AM	10:15-11:00 AM	10:30-11:00 AM
MAT PILATES MAIN STUDIO CORRINE S	HARD CORE MAIN STUDIO MANAL M	TABATA+ MAIN STUDIO MANAL M	PERFORMANCE CYCLE CYCLE STUDIO TAMMY C	ATHLETIC GRIT LOWER TURF EMILY D	INFANTRY CAMP LOWER TURF DAVID T	ROLL & RECOVER, UPPER TURF JEWELS P
12:00-12:45 PM	12:00-1:00 PM	12:00-12:45 PM	9:45-10:30 AM	12:00-12:45 PM	10:45-11:45 AM	10:45-11:45 AM
SCULPTED MAIN STUDIO SARAH B	VINYASA YOGA MAIN STUDIO MADHAVI R	PERFORMANCE CYCLE CYCLE STUDIO MARIA N	CARDIO BOXING MAIN STUDIO MARC D	BARRE MAIN STUDIO CORINNE S	VINYASA YOGA MAIN STUDIO SARAH B	VINYASA YOGA MAIN STUDIO MAHRUKH A
5:15-6:00 PM	5:15-6:15 PM	5:15-6:00 PM	12:00-12:45PM	5:15-6:00 PM	12:00-12:45 PM	12:00-12:45 PM
BEYOND STRENGTH MAIN STUDIO MARC D	VINYASA YOGA MAIN STUDIO EMILY D	CARDIO BOXING MAIN STUDIO MARC D	MAT PILATES MAIN STUDIO SARAH B	PERFORMANCE CYCLE CYCLE STUDIO CINDY F	CARDIO BOXING MAIN STUDIO MARC D	BARRE MAIN STUDIO ZAKIYA J BEGINS 12/11
5:15-6:00 PM	5:45-6:30 PM	5:30-6:15 PM	5:15-6:00 PM	5:15-6:00 PM		3:30-4:30 PM
PERFORMANCE CYCLE CYCLE STUDIO SARAH B	PERFORMANCE CYCLE CYCLE STUDIO TAMMY C	RHAPSODY CYCLE STUDIO TAMMIE S	BARRE MAIN STUDIO CORRINE S	ATHLETIC YOGA MAIN STUDIO DANIEL H		RESTORATIVE YOGA MAIN STUDIO MADHAVI R
6:15-7:15 PM	6:30-7:15 PM	6:15-7:00 PM	5:45-6:30 PM	6:15-7:00 PM		
VINYASA YOGA MAIN STUDIO MAGGIE N	INFANTRY CAMP LOWER TURF EMILY D	HIIT THE TRACK TREADMILL STUDIO MARC D	ATHLETIC GRIT LOWER TURF EMILY D	RESTORATIVE YOGA MAIN STUDIO DANIEL H		
6:30-7:15 PM	6:30-7:30 PM	6:15-7:15 PM	6:15-7:00 PM			
INFANTRY CAMP LOWER TURF MARC D	MIXXEDFIT DANCE MAIN STUDIO PAULA B	VINYASA YOGA MAIN STUDIO MAGGIE N	RHAPSODY CYCLE STUDIO TAMARA J			
	7:15-7:45 PM	6:30-7:15 PM	6:45-7:45 PM			
	ROLL & RECOVER UPPER TURF DANIEL H	ATHLETIC GRIT LOWER TURF TAMMIE S	RESTORATIVE YOGA MAIN STUDIO EMILY D			