

THE ST·JAMES

GROUP CLASS SCHEDULE

SPRINGFIELD
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
6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	8:00-8:45 AM	8:00-8:45 AM
INFANTRY CAMP FIELD STUDIO ALEXX G	INFANTRY CAMP FIELD STUDIO MATT S	INFANTRY CAMP FIELD STUDIO CHRISTIE F	INFANTRY CAMP FIELD STUDIO MARK R STARTING 12/8	INFANTRY CAMP FIELD STUDIO ALEXX G	PERFORMANCE CYCLE FITNESS STUDIO HEIDI M	APEX HIKE TREADMILL STUDIO ALEXX G
6:30-7:30 AM	7:00-7:45 AM	6:00-6:45 AM	7:00-7:45 AM	7:00-7:45 AM	8:15-9:00 AM	9:00-9:45 AM
VINYASA YOGA MAIN STUDIO LISA Y	APEX HIKE TREADMILL STUDIO MATT S	PERFORMANCE CYCLE FITNESS STUDIO HEIDI M	RHAPSODY FITNESS STUDIO HANNAH D	APEX HIKE TREADMILL STUDIO ALEXX G	ESSENTRICS MAIN STUDIO CHRISTINA Z	BARRE MAIN STUDIO AMANDA F
7:00 - 7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:15-8:00 AM	9:00-9:45 AM	8:15-9:00 AM	9:00-9:45 AM
HIIT THE TRACK TREADMILL STUDIO ALEXX G	RHAPSODY FITNESS STUDIO HANNAH D	HIIT THE TRACK TREADMILL STUDIO CHRISTIE F	BEYOND STRENGTH MAIN STUDIO MARC D	APEX HIKE TREADMILL STUDIO SHANIKA L	ATHLETIC GRIT TURF MATT S	PERFORMANCE CYCLE FITNESS STUDIO ATHAR P
9:00-9:45 AM	7:15-8:00 AM	9:00-9:45 AM	7:00-7:45 AM	9:30-10:15 AM	9:15-10:00 AM	9:15-10:00 AM
APEX HIKE TREADMILL STUDIO SHANIKA K	CARDIO BOXING MAIN STUDIO MARC D	APEX HIKE TREADMILL STUDIO TALAL	HIIT THE TRACK TREADMILL STUDIO MARK R STARTING 12/8	SCULPTED STUDIO B&C JULIE WATTEN	APEX HIKE TREADMILL STUDIO MATT S	ATHLETIC GRIT TURF ALEXX G
9:30-10:30 AM	9:30-10:15 AM	9:30-10:15 AM	9:00-9:45 AM	9:45-10:30 AM	9:15-10:00 AM	10:00-10:45 AM
SCULPTED STUDIO B&C BECKY T	BOXING STUDIO B&C JULIAN M	PILATES FUSION STUDIO B&C BECKY T	SCULPTED MAIN STUDIO GINNY L	PERFORMANCE CYCLE FITNESS STUDIO ATHAR P	SCULPTED MAIN STUDIO ELISABETH B	HIIT THE TRACK TREADMILL STUDIO ATHAR P
10:00-11:00 AM	9:30-10:15 AM	10:00-11:00 AM	10:00-11:00 AM	10:00-11:00 AM	10:00-10 :30 AM	10:00-11: 00 AM
VINYASA YOGA MAIN STUDIO ALEX G	ESSENTRICS MAIN STUDIO CHRISTINA Z	VINYASA YOGA MAIN STUDIO ALEX G	VINYASA YOGA MAIN STUDIO GINNY L	VINYASA YOGA MAIN STUDIO ALEX G	HARD CORE FITNESS STUDIO ALEXX G	YIN YOGA MAIN STUDIO GINNY L
10:15-11:00 AM	10:30-11:15 AM	10:15-11:00 AM	10:30-11:15 AM	10:15-11:00 AM	10:15-11:00 AM	10:30-11:15 AM
ATHLETIC GRIT TURF SHANIKA K	DYNAMIC STRENGTH STUDIO B&C MARC D	ATHLETIC GRIT TURF TALAL	CORE & MOBILITY STUDIO B&C AMANDA F	ATHLETIC GRIT TURF SHANIKA K	PERFORMANCE CYCLE FITNESS STUDIO MATT S	RHAPSODY FITNESS STUDIO KELLZ K
10:30-11:15	11:00-11:145 AM	10:30-11:15 AM	11:15-12:00 PM	10:30-11:15 AM	10:30-11:15 AM	11:15-11:45 AM
ZUMBA STUDIO B&C ALEXX G	PILATES MAT MAIN STUDIO JULIE WATTEN	ZUMBA GOLD STUDIO B&C JULIE WOOD	TABATA + MAIN STUDIO JULIE WATTEN	ZUMBA FITNESS STUDIO JULIE WOOD	ZUMBA MAIN STUDIO RENE B	HARD CORE MAIN STUDIO ALEXX G
11:00-12:00 PM	12:00-12:45 PM	11:00-12:00 PM	12:00-12:45 PM	11:00-11:45 AM	11:15-12:00 PM	
AQUA POOL MELVIN W	TABATA + MAIN STUDIO JULIE WATTEN	AQUA POOL MELVIN W	PILATES MAT MAIN STUDIO JULIE WATTEN	AQUA POOL ALEXX G	BOXING MAIN STUDIO JULIAN M	
11:30-12:15 PM	5:30-6:00 PM	12:00-12:45 PM	5:15-6:15 PM	6:00-6:45 PM	12:15-1:15 PM	
PILATES MAT MAIN STUDIO JENNIFER H	HARD CORE MAIN STUDIO ALEXX G	STRETCH MAIN STUDIO JENNIE W	ATHLETIC YOGA MAIN STUDIO KELLY T	CARDIO BOXING MAIN STUDIO MARC D	ATHLETIC YOGA MAIN STUDIO CHRISTIE T	
5:15-6:00 PM	6:15-7:00 PM	5:30-6:15 PM	5:30-6:00 PM	6:00-6:45 PM		
TABATA + MAIN STUDIO CHRISTIE F	HIIT THE TRACK TREADMILL STUDIO ALEXX G	APEX HIKE TREADMILL STUDIO MATT S	HARD CORE FITNESS STUDIO ALEXX G	RHAPSODY FITNESS STUDIO KELLZ K		
6:15-7:15 PM	6:30-7:15 PM	5:30-6:15 PM	6:15-7:00 PM	7:00-8:00 PM		
VINYASA YOGA MAIN STUDIO GINNY L	RHAPSODY FITNESS STUDIO KELLZ K	SCULPTED MAIN STUDIO ELISABETH B	PERFORMANCE CYCLE FITNESS STUDIO ALEXX G	YIN YOGA MAIN STUDIO CHRISTIE T		
6:15-7:00 PM	6:30-7:15 PM	6:30-7:15 PM	6:00-6:45 PM			
RHAPSODY FITNESS STUDIO CHRISTIE F	MIXXEDFIT MAIN STUDIO LADONNA G	PERFORMANCE CYCLE FITNESS STUDIO MATT S	HIIT THE TRACK TREADMILL STUDIO ATHAR P			
7:15-8:00 PM	7:30-8:30 PM	6:30-7:15 PM	6:30-7:15 PM			
BARRE MAIN STUDIO GINNY L	VINYASA YOGA MAIN STUDIO LEAH N	ZUMBA MAIN STUDIO BENIAH W	MIXXEDFIT MAIN STUDIO LADONNA G			
			7:15-7:45 PM			
			ROLL & RECOVER FITNESS STUDIO ALEXX G			