THE ST·JAMES

PERFORMANCE CLUB

SPRINGFIELD

GROUP CLASS SCHEDULE

NOVEMBER

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	5:30–6:15 AM	6:00–6:45 AM	5:30–6:15 AM	6:00–6:45 AM	7:30–8:15 AM	7:15–8:00 AM
INFANTRY CAMP FIELD STUDIO MATT S	**HYROX LAB** FIELD STUDIO ALEXX G	**INFANTRY CAMP** FIELD STUDIO MATT S	**INFANTRY CAMP** FIELD STUDIO MATT S	**HYROX LAB** FIELD STUDIO MATT S	**ATHLETIC GRIT** TURF MATT S	**ATHLETIC GRIT** TURF BARRETT B
7:00–7:45 AM	6:30–7:15 AM	7:00–7:45 AM	6:30–7:15 AM	7:00–7:45 AM	7:30–8:15AM	8:15–9:00 AM
BEYOND STRENGTH FIELD STUDIO MATT S	**HIIT THE TRACK** TREADMILL STUDIO ALEXX G	**APEX HIKE** TREADMILL STUDIO MATT S	**HIIT THE TRACK** TREADMILL STUDIO MATT S	**APEX HIKE** TREADMILL STUDIO MATT S	**PERFORMANCE CYCLE** CYCLE STUDIO HEIDI M	**HIIT THE TRACK** TREADMILL STUDIO BARRETT B
9:15–10:00 AM	6:30–7:15 AM	7:00–7:45 AM	6:30–7:15 AM	9:00–9:45 AM	8:00–8:45 AM	9:00–9:45 AM
VINYASA YOGA MAIN STUDIO KAT B	**RHAPSODY** CYCLE STUDIO HANNAH D	**SCULPTED YOGA** MAIN STUDIO LARA L	**RHAPSODY** CYCLE STUDIO KIRSTIN B	**PILATES MAT** B&C STUDIO JENNIFER H	**ESSENTRICS** MAIN STUDIO TBD	**BARRE** MAIN STUDIO AMANDA F
9:15–10:00 AM	9:15–10:00 AM	9:15–10:00 AM	9:00–10:00 AM	9:15–10:00 AM	8:30–9:15 AM	9:15–10:00 AM
APEX HIKE TREADMILL STUDIO MATT S	**PERFORMANCE TRX** OUTRACE STUDIO ALEXX G	**PERFORMANCE TRX** OUTRACE STUDIO MONICA R	**VINYASA YOGA** MAIN STUDIO GINNY L	**APEX HIKE** TREADMILL STUDIO MATT S	**PERFORMANCE TRX** OUTRACE STUDIO MELISSA S	**PERFORMANCE TRX** OUTRACE STUDIO BARRETT B
9:30–10:15 AM	9:30–10:15 AM	9:15–10:00 AM	9:15–10:00 AM	10:15–11:00 AM	8:30–9:15 AM	10:00–11: 00 AM
SCULPTED B&C STUDIO BECKY T	**BOXING** FITNESS STUDIO JULIAN M	**APEX HIKE** TREADMILL STUDIO TALAL E	**PERFORMANCE TRX** OUTRACE STUDIO MATT S	**ATHLETIC GRIT** TURF MATT S	**ATHLETIC GRIT** TURF MATT S	**RESTORATIVE YOGA** MAIN STUDIO GINNY L
10:15–11:00 AM	9:30–10:15 AM	9:30–10:15 AM	9:30–10:15 AM	10:00–10:45 AM	9:30–10:15 AM	11:30–12:30 AM
ATHLETIC GRIT TURF MATTHEW S	**ESSENTRICS** B&C STUDIO BECKY T	**PILATES FUSION** B&C STUDIO BECKY T	**BOXING** FITNESS STUDIO JULIAN M	**BEYOND STRENGTH** MAIN STUDIO MEREDYTH A	**RHAPSODY** CYCLE STUDIO LAUREN S	**MIXXEDFIT** MAIN STUDIO LADONNA G
11:15-12:00 PM	10:30–11:15 AM	10:00–11:00 AM	10:15–11:00 AM	11:15–12:00 PM	9:30–10:15 AM	
BEYOND STRENGTH MAIN STUDIO BARRETT B	**PILATES MAT** MAIN ASTUDIO MOCHA L	**VINYASA YOGA** MAIN STUDIO KAT B	**SCULPTED** MAIN STUDIO GINNY L	**BARRE** MAIN STUDIO JENNIFER H	**HIIT THE TRACK** TREADMILL STUDIO MATT S	
11:15–12:15 PM	11:30–12:15 PM	10:15–11:00 AM	10:30–11:15 PM	11:15–12:15 PM	9:00–9:45 AM	
AQUA POOL MOCHA L	**STRETCH & RECOVER** MAIN STUDIO JENNIE W	**ATHLETIC GRIT** TURF TALAL E	**CORE & MOBILITY** B&C STUDIO AMANDA F	**AQUA** POOL PAULETTE W	**SCULPTED** MAIN STUDIO BRIANA M	
5:15–6:00 PM	5:30–6:00 PM	11:15–12:00 PM	11:30–12:15 PM	5:30–6:15 PM	10:00–10:45 AM	
BEYOND STRENGTH MAIN STUDIO MONICA R	**HARD CORE** MAIN STUDIO BARRETT B	**BARRE** MAIN STUDIO MELISSA S	**PILATES MAT** MAIN STUDIO JENNIE W	**BEYOND STRENGTH** MAIN STUDIO TALAL E	**BEYOND STRENGTH** MAIN STUDIO JENNIFER H	
5:30–6:15 PM	5:30–6:15 PM	11:15–12:15 PM	12:15–1:00 PM	5:30–6:15 PM		
RHAPSODY CYCLE STUDIO KRYSTIN B	**HIIT THE TRACK** TREADMILL STUDIO MATT S	**AQUA** POOL JULIE D	**STRETCH & RECOVER** MAIN STUDIO JENNIE W	**PERFORMANCE CYCLE** CYCLE STUDIO SARA S		
5:30–6:15 PM	6:30–7:15 PM	5:30–6:15 PM	5:30–6:15 PM	6:30–7:15 PM		
PERFORMANCE TRX OUTRACE STUDIO MELISSA S	**ATHLETIC GRIT** TURF MATT S	**APEX HIKE** TREADMILL STUDIO JOYCE P	**HIIT THE TRACK** TREADMILL STUDIO ATHAR P	**PERFORMANCE TRX** OUTRACE STUDIO TALAL E		
6:15–7:15 PM	6:30–7:15 PM	5:30–6:15 PM	5:30–6:15 PM	6:30–7:15 PM		
VINYASA YOGA MAIN STUDIO GINNY L	**MIXXEDFIT** MAIN STUDIO LADONNA G	**SCULPTED** MAIN STUDIO CHRISTIE T	**PERFORMANCE CYCLE** CYCLE STUDIO KRYSTIN B	**BOXING** FITNESS STUDIO JULIAN M		
6:15–7:00 PM	7:30–8:30 PM	6:00–6:45 PM	5:30–6:00 PM	6:30–7:15 PM		
APEX HIKE TREADMILL STUDIO MONICA R	**VINYASA YOGA** MAIN STUDIO LEAH N	**HYROX LAB** TURF MATT S	**HARD CORE** MAIN STUDIO BARRETT B	**STRETCH & RECOVER** FITNESS STUDIO CHRISTIE T		
6:30–7:15 PM		6:30–7:15 PM	6:30–7:15 PM			
PILATES MAT FITNESS STUDIO MELISSA S		**ZUMBA** MAIN STUDIO LUCY A	**ATHLETIC GRIT** TURF MATT S			
7:30–8:15 PM		6:30–7:15 PM	6:30–7:15 PM			
SCULPTED MAIN STUDIO GINNY L		**PERFORMANCE TRX** OUTRACE STUDIO JOYCE P	**MIXXEDFIT** MAIN STUDIO LADONNA G			
			7:30–8:30 PM			
			YOGA BASICS MAIN STUDIO LEAH N			