

THE ST·JAMES  
PERFORMANCE CLUB



BUILD



BURN



RECOVER

# GROUP FITNESS SCHEDULE

RESTON | MAY 1-31

| 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  | 8:30-9:15 AM                                    | 8:30-9:15 AM  |
| <b>INFANTRY CAMP</b><br>ATHLETIC TURF<br>JAKOB S        | <b>TABATA+</b><br>MAIN STUDIO<br>JEN A              | <b>PERFORMANCE CYCLE</b><br>CYCLE STUDIO<br>ALEXX G | <b>ATHLETIC GRIT</b><br>ATHLETIC TURF<br>JEN A      | <b>INFANTRY CAMP</b><br>ATHLETIC TURF<br>JAKOB S        | <b>SCULPTED</b><br>MAIN STUDIO<br>SARAH B       | <b>TABATA+</b><br>MAIN STUDIO<br>SARAH B            |
| 6:30-7:15 AM  | 7:00-7:45 AM  | 6:30-7:30 AM  | 7:00-7:45 AM  | 6:30-7:30 AM  | 9:15-10:00 AM                                   | 9:30-10:15 AM                                       |
| <b>ATHLETIC GRIT</b><br>MAIN STUDIO<br>JEN A            | <b>INFANTRY CAMP</b><br>ATHLETIC TURF<br>JEN A      | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>MELISSA C     | <b>INFANTRY CAMP</b><br>ATHLETIC TURF<br>JEN A      | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>MELISSA C         | <b>ATHLETIC GRIT</b><br>ATHLETIC TURF<br>LIA T  | <b>INFANTRY CAMP</b><br>ATHLETIC TURF<br>SARAH B    |
| 7:00-7:45 AM  | 7:30-8:30 AM  | 7:00-7:45 AM  | 7:30-8:30 AM  | 7:00-7:45 AM  | 9:30-10:15 AM                                   | 9:45-10:30 AM                                       |
| <b>HIIT THE TRACK</b><br>TREADMILL<br>STUDIO<br>JAKOB S | <b>ASHTANGA YOGA</b><br>MAIN STUDIO<br>SARAH B      | <b>BEYOND STRENGTH</b><br>ATHLETIC TURF<br>ALEXX G  | <b>ASHTANGA YOGA</b><br>MAIN STUDIO<br>SARAH B      | <b>HIIT THE TRACK</b><br>TREADMILL<br>STUDIO<br>JAKOB S | <b>RHAPSODY</b><br>CYCLE STUDIO<br>JAKOB S      | <b>PERFORMANCE CYCLE</b><br>CYCLE STUDIO<br>TAMMY C |
| 9:00-9:45 AM  | 9:00-9:45 AM  | 9:00-9:45 AM  | 9:00-9:30 AM  | 7:45-8:30 AM  | 10:15-11:00 AM                                  | 10:30-11:30 AM                                      |
| <b>BEYOND STRENGTH</b><br>MAIN STUDIO<br>JEN A          | <b>RHAPSODY</b><br>CYCLE STUDIO<br>SARAH B          | <b>YOGA SCULPT</b><br>MAIN STUDIO<br>JORDAN K       | <b>HARD CORE</b><br>MAIN STUDIO<br>SARAH B          | <b>TABATA+</b><br>MAIN STUDIO<br>JEN A                  | <b>FUN-XIONAL DANCE</b><br>MAIN STUDIO<br>LIA T | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>MAHRUKH A     |
| 10:00-11:00 AM  | 9:30-10:15 AM                                       | 10:00-10:45 AM                                      | 9:30-10:15 AM                                       | 9:00-10:00 AM   | 11:15 AM-12:15 PM                               | 3:30-4:30 PM  |
| <b>VINYASA YOGA</b><br>MAIN STUDIO<br>MAHRUKH A         | <b>SCULPTED</b><br>MAIN STUDIO<br>MARYAH N          | <b>TABATA+</b><br>MAIN STUDIO<br>SARAH B            | <b>PERFORMANCE CYCLE</b><br>CYCLE STUDIO<br>TAMMY C | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>EMILY D           | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>EMILY D   | <b>YIN YOGA</b><br>MAIN STUDIO<br>SARAH B           |
| 12:00-12:45 PM  | 10:30-11:00 AM                                      | 12:00-12:45 PM                                      | 10:30-11:30 AM                                      | 10:30-11:15 AM  |   |   |
| <b>SCULPTED</b><br>MAIN STUDIO<br>SARAH B               | <b>HARD CORE</b><br>MAIN STUDIO<br>MARYAH N         | <b>PERFORMANCE CYCLE</b><br>CYCLE STUDIO<br>SARAH B | <b>WARRIOR RHYTHM</b><br>MAIN STUDIO<br>SADIE G     | <b>ATHLETIC GRIT</b><br>ATHLETIC TURF<br>EMILY D        |   |   |
| 5:15-6:00 PM  | 12:00-1:00 PM                                       | 5:15-6:00 PM  | 12:00-12:45 PM                                      |   |   |   |
| <b>BEYOND STRENGTH</b><br>MAIN STUDIO<br>VENAY P        | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>JORDAN K      | <b>SCULPTED</b><br>MAIN STUDIO<br>VENAY P           | <b>MAT PILATES</b><br>MAIN STUDIO<br>SADIE G        |   |   |   |
| 6:00-6:45 PM  | 5:15-6:15 PM  | 5:30-6:15 PM  | 5:15-6:00 PM  |   |   |   |
| <b>PERFORMANCE CYCLE</b><br>CYCLE STUDIO<br>DRU R       | <b>ATHLETIC YOGA</b><br>MAIN STUDIO<br>EMILY D      | <b>RHAPSODY</b><br>CYCLE STUDIO<br>TAMARA S         | <b>BARRE</b><br>MAIN STUDIO<br>TAMARA S             |   |   |   |
| 6:15-7:15 PM  | 5:45-6:30 PM  | 6:15-7:15 PM  | 5:45-6:30 PM  |   |   |   |
| <b>VINYASA YOGA</b><br>MAIN STUDIO<br>VENAY P           | <b>PERFORMANCE CYCLE</b><br>CYCLE STUDIO<br>TAMMY C | <b>VINYASA YOGA</b><br>MAIN STUDIO<br>VENAY P       | <b>ATHLETIC GRIT</b><br>ATHLETIC TURF<br>EMILY D    |   |   |   |
|   | 6:30-7:15 PM  | 6:30-7:15 PM  | 6:30-7:15 PM  |   |   |   |
|   | <b>INFANTRY CAMP</b><br>ATHLETIC TURF<br>EMILY D    | <b>ATHLETIC GRIT</b><br>ATHLETIC TURF<br>TAMARA S   | <b>RHAPSODY</b><br>CYCLE STUDIO<br>TAMARA S         |   |   |   |
|   |   |   | 6:45-7:45 PM  |   |   |   |
|   |   |   | <b>RESTORATIVE YOGA</b><br>MAIN STUDIO<br>EMILY D   |   |   |   |

## 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. Main studio as these types of shoes may damage the wood main studio floors.