



BUILD



BURN



RECOVER

GROUP FITNESS SCHEDULE

RESTON | JUNE 1-30

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
INFANTRY CAMP ATHLETIC TURF JAKOB S	TABATA+ MAIN STUDIO JEN A	PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	ATHLETIC GRIT ATHLETIC TURF JEN A	INFANTRY CAMP ATHLETIC TURF JAKOB S	SCULPTED MAIN STUDIO GEORGE J	TABATA+ MAIN STUDIO JEN A
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	9:30-10:30 AM
ATHLETIC GRIT MAIN STUDIO JEN A	INFANTRY CAMP ATHLETIC TURF JEN A	VINYASA YOGA MAIN STUDIO MELISSA C	INFANTRY CAMP ATHLETIC TURF JEN A	VINYASA YOGA MAIN STUDIO MELISSA C	ATHLETIC GRIT ATHLETIC TURF LIA T	ZUMBA MAIN STUDIO LIEN N
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	9:30-10:15 AM
HIIT THE TRACK TREADMILL STUDIO JAKOB S	ASHTANGA YOGA MAIN STUDIO SARAH B	ATHLETIC GRIT ATHLETIC TURF ALEXX G	ASHTANGA YOGA MAIN STUDIO SARAH B	HIIT THE TRACK TREADMILL STUDIO JAKOB S	RHAPSODY CYCLE STUDIO JAKOB S	INFANTRY CAMP ATHLETIC TURF JEN A
9:00-9:45 AM	9:30-10:15 AM	9:00-9:45 AM	9:00-9:30 AM	7:45-8:30 AM	10:15-11:00 AM	9:45-10:30 AM
BEYOND STRENGTH MAIN STUDIO MANAL M	RHAPSODY CYCLE STUDIO SARAH B	YOGA SCULPT MAIN STUDIO JORDAN K	HARD CORE MAIN STUDIO SARAH B	TABATA+ MAIN STUDIO JEN A	FUN-XIONAL DANCE MAIN STUDIO LIA T	PERFORMANCE CYCLE CYCLE STUDIO TAMMY C
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	10:30AM-11:15AM	10:30-11:30 AM
VINYASA YOGA MAIN STUDIO MAHRUKH A	SCULPTED MAIN STUDIO MARYAH N	TABATA+ MAIN STUDIO MANAL M	PERFORMANCE CYCLE CYCLE STUDIO TAMMY C	VINYASA YOGA MAIN STUDIO EMILY D	INFANTRY CAMP ATHLETIC TURF GEORGE J	VINYASA YOGA MAIN STUDIO MAHRUKH A
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	11:15 AM-12:15 PM	3:30-4:30 PM
SCULPTED MAIN STUDIO SARAH B	HARD CORE MAIN STUDIO MARYAH N	PERFORMANCE CYCLE CYCLE STUDIO SARAH B	WARRIOR RHYTHM MAIN STUDIO SADIE G	ATHLETIC GRIT ATHLETIC TURF EMILY D	VINYASA YOGA MAIN STUDIO EMILY D	RESTORATIVE YOGA MAIN STUDIO SARAH B
5:15-6:00 PM	12:00-1:00 PM	5:15-6:00 PM	12:00-12:45 PM			
BEYOND STRENGTH MAIN STUDIO GEORGE J	VINYASA YOGA MAIN STUDIO JORDAN K	SCULPTED MAIN STUDIO GEORGE J	MAT PILATES MAIN STUDIO SADIE G			
6:00-6:45 PM	5:15-6:15 PM	5:30-6:15 PM	5:15-6:00 PM			
PERFORMANCE CYCLE CYCLE STUDIO DRU R	ATHLETIC YOGA MAIN STUDIO EMILY D	RHAPSODY CYCLE STUDIO TAMMIE S	BARRE MAIN STUDIO TAMARA J			
6:15-7:15 PM	5:45-6:30 PM	6:15-7:00 PM	5:45-6:30 PM			
VINYASA YOGA MAIN STUDIO MAGGIE N	PERFORMANCE CYCLE CYCLE STUDIO TAMMY C	HIIT THE TRACK TREADMILL STUDIO GEORGE J	ATHLETIC GRIT ATHLETIC TURF EMILY D			
6:30-7:15 PM	6:30-7:15 PM	6:15-7:15 PM	6:30-7:15 PM			
INFANTRY CAMP ATHLETIC TURF GEORGE J STARTING 6/6	INFANTRY CAMP ATHLETIC TURF EMILY D	VINYASA YOGA MAIN STUDIO MAGGIE N	RHAPSODY CYCLE STUDIO TAMARA J			
	6:30-7:30 PM	6:30-7:15 PM	6:45-7:45 PM			
	MIXXEDFIT MAIN STUDIO PAULA B	ATHLETIC GRIT ATHLETIC TURF TAMMIE S	RESTORATIVE YOGA MAIN STUDIO 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 as these types of shoes may damage the wood floors