

THE ST·JAMES

GROUP FITNESS SCHEDULE

SPRINGFIELD
JULY 1-31



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	8:00-9:00 AM	9:00-9:45 AM
INFANTRY CAMP FIELD STUDIO ALEXX G	INFANTRY CAMP FIELD STUDIO ATHAR P	INFANTRY CAMP FIELD STUDIO CHRISTIE F	INFANTRY CAMP FIELD STUDIO MARC D	INFANTRY CAMP FIELD STUDIO ALEXX G	PERFORMANCE CYCLE CYCLE STUDIO HEIDI M	BARRE MAIN STUDIO AMANDA
7:00-7:45 AM	7:00-7:45 AM	6:00-6:45 AM	6:45-7:30 AM	7:00-7:45 AM	8:15-9:00 AM	9:00-9:45 AM
PERFORMANCE CYCLE CYCLE STUDIO MARIA N	RHAPSODY CYCLE STUDIO HANNAH D	PERFORMANCE CYCLE CYCLE STUDIO HEIDI M	RHAPSODY CYCLE STUDIO HANNAH D	PERFORMANCE CYCLE CYCLE STUDIO MARIA N	ATHLETIC GRIT TURF ALEXX G	PERFORMANCE CYCLE CYCLE STUDIO ATHAR P
9:30-10:30 AM	7:15-8:00 AM	7:00-7:45 AM	7:15-8:00 AM	8:30-9:30 AM	9:15-10:00 AM	10:00-10:45 AM
SCULPTED STUDIO B&C BECKY T	CARDIO BOXING MAIN STUDIO MARC D	HIIT THE TRACK TREADMILL STUDIO CHRISTIE F	BEYOND STRENGTH MAIN STUDIO MARC D	SCULPTED STUDIO B&C BECKY T	APEX HIKE TREADMILL STUDIO ALEXX G	HIIT TRACK TREADMILL STUDIO ATHAR P
9:45-10:30 AM		9:30-10:15 AM	9:00-9:45 AM	9:30-10:45 AM	9:15-10:00 AM	10:00-11:00 AM
APEX HIKE TREADMILL STUDIO ALEXX G		PILATES FUSION STUDIO B&C BECKY T	BARRE MAIN STUDIO GINNY L	PILATES REFORMER REFORMER STUDIO PATRICIA H	SCULPTED MAIN STUDIO ELISABETH B	YIN YOGA MAIN STUDIO GINNY L
10:45-11:30 AM	9:30-10:15 AM	10:00-11:00 AM	10:00-11:00 AM	9:45-10:30 AM	10:15-11:00 AM	10:30-11:15 AM
ZUMBA STUDIO B&C CAROL Z	BOXING STUDIO B&C JULIAN M	VINYASA YOGA MAIN STUDIO ALEX G	VINYASA YOGA MAIN STUDIO GINNY L	APEX HIKE TREADMILL STUDIO ALEXX G	RHAPSODY CYCLE STUDIO ALEXX G	RHAPSODY CYCLE STUDIO ALEXX G
10:00-11:00 AM	10:30-11:15 AM	10:15-11:00 AM	10:30-11:15 AM	11:00-12:00 PM	10:30-11:15 AM	11:30 AM-12:00 PM
VINYASA YOGA MAIN STUDIO ALEX G	DYNAMIC STRENGTH STUDIO B&C MARC D	PERFORM FIELD STUDIO WILL B	CORE & MOBILITY STUDIO B&C AMANDA F	AQUA POOL AREA ALEXX G	BOXING MAIN STUDIO JULIAN M	HARD CORE MAIN STUDIO ALEXX G
11:00 AM-12:00 PM	12:00-1:00 PM	10:45-11:30 AM	5:15-6:15 PM	12:15-1:00 PM	11:15 AM-12:00 PM	12:00-12:45 PM
AQUA POOL MELVIN W	ATHLETIC YOGA MAIN STUDIO KAT B	ZUMBA GOLD STUDIO B&C JULIE W	ATHLETIC YOGA MAIN STUDIO KELLY T	ZUMBA MAIN STUDIO ALEXX G	ZUMBA MAIN STUDIO RENE B	ZUMBA MAIN STUDIO LIEN T
11:15 AM-12:00 PM	5:45-6:15 PM	11:00-11:45 AM	6:15-7:00 PM	6:00-6:45 PM	12:00-1:00 PM	
PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	HARD CORE MAIN STUDIO ALEXX G	BARRE MAIN STUDIO TRICIA H	PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	RHAPSODY CYCLE STUDIO KELLZ K	ATHLETIC YOGA MAIN STUDIO CHRISTIE T	
5:15-6:00 PM	6:30-7:15 PM	11:00-12:00 PM	6:30-7:15 PM	6:00-6:45 PM		
TABATA ++ MAIN STUDIO CHRISTIE F	MIXXEDFIT MAIN STUDIO LADONNA G	AQUA POOL AREA MELVIN W	MIXXEDFIT MAIN STUDIO LADONNA G	CARDIO BOXING MAIN STUDIO MARC D		
6:15-7:15 PM	6:30-7:15 PM	12:00-12:45 PM	6:30-7:15 PM	7:00-8:00 PM		
VINYASA YOGA MAIN STUDIO GINNY L	HIIT THE TRACK TREADMILL STUDIO ALEXX G	STRETCH MAIN STUDIO JENNIE W	HIIT THE TRACK TREADMILL STUDIO ATHAR P	YIN YOGA MAIN STUDIO CHRISTIE T		
6:30-7:15 PM	6:30-7:15 PM	12:00-1:00 PM	7:15-7:45 PM			
RHAPSODY CYCLE STUDIO CHRISTIE F	RHAPSODY CYCLE STUDIO KELLZ K	PILATES REFORMER REFORMER STUDIO TRICIA H	HARD CORE MAIN STUDIO ALEXX G			
7:15-8:00 PM	7:30-8:30 PM	5:30-6:15 PM				
BARRE MAIN STUDIO GINNY L	VINYASA YOGA MAIN STUDIO LEAH N	SCULPTED MAIN STUDIO ELIZABETH B				
		6:45-7:30 PM				
		RHAPSODY CYCLING STUDIO HANNAH M				
		6:30-7:15 PM				
		ZUMBA MAIN STUDIO BENIAH W				

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 studio floors.

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