

THE ST·JAMES  
PERFORMANCE CLUB



BUILD



BURN



RECOVER

# GROUP FITNESS SCHEDULE

RESTON | JULY 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> ATHLETIC TURF JAKOB S	<b>TABATA +</b> MAIN STUDIO JEN A	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO SARAH B	<b>ATHLETIC GRIT</b> ATHLETIC TURF JEN A	<b>INFANTRY CAMP</b> ATHLETIC TURF JAKOB S	<b>SCULPTED</b> MAIN STUDIO DAVID T	<b>TABATA +</b> MAIN STUDIO JEN A
6:30-7:15 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	9:15-10:00 AM	9:30-10:30 AM
<b>ATHLETIC GRIT</b> MAIN STUDIO JEN A	<b>INFANTRY CAMP</b> ATHLETIC TURF JEN A	<b>ATHLETIC GRIT</b> TURF DAVID T	<b>INFANTRY CAMP</b> ATHLETIC TURF JEN A	<b>HIIT THE TRACK</b> TREADMILL STUDIO JAKOB S	<b>ATHLETIC GRIT</b> ATHLETIC TURF LIA T	<b>ZUMBA</b> MAIN STUDIO LIEN N
7:00-7:45 AM	7:30-8:30 AM	8:00-8:45 AM	7:30-8:30 AM	7:45-8:30 AM	9:30-10:15 AM	9:30-10:15 AM
<b>HIIT THE TRACK</b> TREADMILL STUDIO JAKOB S	<b>ASHTANGA YOGA</b> MAIN STUDIO SARAH B	<b>INFANTRY CAMP</b> TURF DAVID T	<b>ASHTANGA YOGA</b> MAIN STUDIO SARAH B	<b>TABATA +</b> MAIN STUDIO JEN A	<b>RHAPSODY</b> CYCLE STUDIO JAKOB S	<b>INFANTRY CAMP</b> ATHLETIC TURF JEN A
8:00-8:45 AM	9:30-10:15 AM	9:00-9:45 AM	9:00-9:30 AM	9:00-10:00 AM	9:30-10:30 AM	9:45-10:30 AM
<b>TABATA +</b> MAIN STUDIO DAVID T BEGINNING 7/11	<b>RHAPSODY</b> CYCLE STUDIO SARAH B	<b>YOGA SCULPT</b> MAIN STUDIO JORDAN K	<b>HARD CORE</b> MAIN STUDIO SARAH B	<b>VINYASA YOGA</b> MAIN STUDIO EMILY D	<b>MIXXEDFIT</b> MAIN STUDIO PAULA B	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO TAMMY C
9:00-9:45 AM	9:30-10:15 AM	10:00-10:45 AM	9:30-10:15 AM	10:30-11:15 AM	10:15-11:00 AM	10:30-11:30 AM
<b>BEYOND STRENGTH</b> MAIN STUDIO MANAL M	<b>SCULPTED</b> MAIN STUDIO MARYAH N	<b>TABATA +</b> MAIN STUDIO MANAL M	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO TAMMY C	<b>ATHLETIC GRIT</b> ATHLETIC TURF EMILY D	<b>INFANTRY CAMP</b> TURF DAVID T	<b>VINYASA YOGA</b> MAIN STUDIO MAHRUKH A
10:00-11:00 AM	10:30-11:00 AM	12:00-12:45 PM	12:00-12:45 PM		10:45-11:45 AM	3:30-4:30 PM
<b>VINYASA YOGA</b> MAIN STUDIO MAHRUKH A	<b>HARD CORE</b> MAIN STUDIO MARYAH N	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO SARAH B	<b>MAT PILATES</b> MAIN STUDIO SARAH B		<b>VINYASA YOGA</b> MAIN STUDIO EMILY D	<b>RESTORATIVE YOGA</b> MAIN STUDIO SARAH B
12:00-12:45 PM	12:00-1:00 PM	5:30-6:15 PM	5:15-6:00 PM		12:00-12:45 PM	
<b>SCULPTED</b> MAIN STUDIO SARAH B	<b>VINYASA YOGA</b> MAIN STUDIO JORDAN K	<b>RHAPSODY</b> CYCLE STUDIO TAMMIE S	<b>BARRE</b> MAIN STUDIO TAMARA J		<b>BARRE</b> MAIN STUDIO ZAKIYA J.	
5:15-6:00 PM	5:15-6:15 PM	6:15-7:15 PM	5:45-6:30 PM			
<b>BEYOND STRENGTH</b> MAIN STUDIO MARC D	<b>ATHLETIC YOGA</b> MAIN STUDIO EMILY D	<b>VINYASA YOGA</b> MAIN STUDIO MAGGIE N	<b>ATHLETIC GRIT</b> ATHLETIC TURF EMILY D			
6:00-6:45 PM	5:45-6:30 PM	5:15-6:00 PM	6:30-7:15 PM			
<b>PERFORMANCE CYCLE</b> CYCLE STUDIO SARAH B	<b>PERFORMANCE CYCLE</b> CYCLE STUDIO TAMMY C	<b>CARDIO BOXING</b> MAIN STUDIO MARC D BEGINNING 7/13	<b>RHAPSODY</b> CYCLE STUDIO TAMARA J			
6:15-7:15 PM	6:30-7:15 PM	6:15-7:00 PM	6:45-7:45 PM			
<b>VINYASA YOGA</b> MAIN STUDIO MAGGIE N	<b>INFANTRY CAMP</b> ATHLETIC TURF EMILY D	<b>HIIT THE TRACK</b> TREADMILLS MARC D	<b>RESTORATIVE YOGA</b> MAIN STUDIO EMILY D			
6:30-7:15 PM	6:30-7:30 PM	6:30-7:15 PM				
<b>INFANTRY CAMP</b> ATHLETIC TURF MARC D	<b>MIXXEDFIT</b> MAIN STUDIO PAULA B	<b>ATHLETIC GRIT</b> ATHLETIC TURF TAMMIE S				

## 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