

THE ST·JAMES
PERFORMANCE CLUB
BETHESDA

GROUP CLASS
SCHEDULE

JULY

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	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	6:00-6:45 AM	7:00-7:45 AM	8:00-8:45 AM
ATHLETIC GRIT TURF STUDIO PHILL G	ATHLETIC GRIT TURF STUDIO JENN B	HIIT THE TRACK TREADMILL STUDIO KAREEM C	HYROX LAB TURF STUDIO KAREEM C	ATHLETIC GRIT TURF STUDIO ALEXX G	HYROX LAB TURF DEVON R	BARRE MAIN STUDIO MARY-CARMEN
6:15-7:00 AM	6:15-7:30 AM	6:00-6:45 AM	6:00-7:00 AM	6:00-6:45 AM	8:00-8:45 AM	9:00-9:45 AM
BEYOND STRENGTH MAIN STUDIO JACKIE T	RHAPSODY CYCLE STUDIO MARY-CARMEN	BARRE MAIN STUDIO MARY-CARMEN	SCULPTED YOGA MAIN STUDIO TONY N	BEYOND STRENGTH MAIN STUDIO MARY-CARMEN	HYROX LAB MAIN STUDIO JENN B	RHAPSODY CYCLE STUDIO BURN MARY-CARMEN
7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	6:30-7:15 AM	7:00-7:45 AM	8:45-9:30 AM	10:00-11:00 AM
APEX HIKE TREADMILL STUDIO PHILL G	BEYOND STRENGTH MAIN STUDIO JENN B	SCULPTED YOGA MAIN STUDIO MARY-CARMEN	PERFORMANCE CYCLE CYCLE STUDIO PHILL G	APEX HIKE TREADMILL STUDIO ALEXX G	PERFORMANCE CYCLE CYCLE STUDIO COLLEEN F	PILATES MAT M&B STUDIO CAROLYN O
8:00-8:45 AM	7:15-8:00 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	9:00-9:45 AM	10:15-11:00 AM
SCULPTED YOGA MAIN STUDIO KAREN L	BARRE M&B STUDIO MARY-CARMEN	KB POWER TURF STUDIO KAREEM C	TABATA + MAIN STUDIO KAREEM C	BARRE M&B STUDIO MARY-CARMEN	BEYOND STRENGTH MAIN STUDIO JENN B	ZUMBA MAIN STUDIO AUGUSTO R
8:30-9:15 AM	8:15-9:00 AM	8:30-9:15 AM	7:30-8:15 AM	8:30-9:15 AM	9:00-10:00 AM	10:15-11:00 AM
ATHLETIC GRIT TURF STUDIO ALEXX G	PILATES MAT M&B STUDIO KEIRA H	TOTAL ATHLETE MAIN STUDIO KAREEM C	HIIT THE TRACK TREADMILL STUDIO PHILL G	TABATA + MAIN STUDIO CHAD R	POWER YOGA M&B STUDIO MELISSA D	ATHLETIC GRIT TURF CHAD R
9:15-10:00 AM	8:30-9:15 AM	8:45-9:30 AM	8:00-8:45 AM	9:30-10:15 AM	10:00-10:45 AM	11:15-12:15 PM
BEYOND STRENGTH MAIN STUDIO RACHEL C	BEYOND STRENGTH MAIN STUDIO JENN B	SCULPTED YOGA M&B STUDIO KAREN L	PILATES MAT M&B STUDIO ZAINA	AQUA POOL STUDIO AJ GRIFFIN	HIIT THE TRACK TREADMILL STUDIO JENN B	STRETCH & RECOVER MAIN STUDIO CAROLYN O
9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	8:45-9:15 AM	9:30-10:15 AM	10:00-10:45 AM	11:15-11:45 AM
AQUA POOL STUDIO ALEXX G	ATHLETIC GRIT TURF STUDIO CHAD R	AQUA POOL STUDIO ALEXX G	HARD CORE MAIN STUDIO ALEXX G	ATHLETIC GRIT TURF STUDIO CHAD R	PILATES MAT MAIN STUDIO CAROLYN O	HARD CORE TURF CHAD R
10:30-11:00 AM	9:30-10:15 AM	9:30-10:15 AM	9:00-10:00 AM	10:15-11:15 AM	10:15-11:15 AM	11:45-12:30 PM
VINYASA YOGA M&B STUDIO KSENIYA T	BARRE MAIN STUDIO ADAIR P	SCULPTED YOGA MAIN STUDIO LIBBY R	VINYASA YOGA M&B STUDIO CATE G	VINYASA YOGA M&B STUDIO VALENTINA K	VINYASA YOGA M&B STUDIO LEAH C	RHAPSODY CYCLE STUDIO ELIAZAR C
10:30-11:00 AM	10:30-11:15 AM	10:00-10:45 AM	9:15-10:00 AM	10:30-11:15 AM	11:00-11:45 AM	12:00-12:45 AM
PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	APEX HIKE TREADMILL STUDIO CHAD R	ESSETRICS M&B STUDIO CHELITA B	KB POWER TURF STUDIO STANFORD L	APEX HIKE TREADMILL STUDIO CHAD R	ZUMBA MAIN STUDIO TANIA	APEX HIKE TREADMILL STUDIO CHAD R
10:30-11:15 AM	10:30-11:15 AM	10:30-11:15 AM	9:30-10:15 AM	10:30-11:15 AM	11:30-12:30 PM	5:15-6:00 PM
PILATES MAT MAIN STUDIO CAROLYN O	ZUMBA MAIN STUDIO MONICA V	APEX HIKE TREADMILL STUDIO ALEXX G	BEYOND STRENGTH MAIN STUDIO ALEXX G	SCULPTED YOGA MAIN STUDIO ADAIR P	STRETCH & RECOVER MAIN STUDIO CAROLYN O	SOUND BATH M&B STUDIO LANA B
11:30-12:15 PM	11:30-12:15 PM	10:30-11:15 AM	10:30-11:15 AM	11:30-12:15 PM		6:15-7:15 PM
BARRE MAIN STUDIO JENN H	ESSETRICS MAIN STUDIO CHELITA B	STEP MAIN STUDIO LIBBY R	ZUMBA MAIN STUDIO ALEXX G	BEYOND STRENGTH MAIN STUDIO ALEXX G		RESTORATIVE YOGA M&B STUDIO LANA B
12:30-1:15 PM	12:00-1:00 PM	12:30-1:15 PM	11:30-12:15 PM	12:00-1:00 PM		
SCULPTED YOGA MAIN STUDIO JENN H	VINYASA YOGA M&B STUDIO JOSE D	BEYOND STRENGTH MAIN STUDIO JENN H	ESSETRICS MAIN STUDIO CHELITA B	POWER YOGA M&B STUDIO LANA B		
5:00-5:45 PM	5:00-6:00 PM	5:30-6:15 PM	5:30-6:15 PM	5:00-5:45 PM		
BARRE M&B STUDIO CONNIE D	PILATES MAT MAIN STUDIO RACHEL C	BEYOND STRENGTH MAIN STUDIO CHAD	RHAPSODY CYCLE STUDIO CHAD R	BEYOND STRENGTH MAIN STUDIO CONNIE D		
5:30-6:15 PM	5:15-6:00 PM	6:00-7:00 PM	5:30-6:15 PM	5:15-6:00 PM		
TABATA + MAIN STUDIO CHAD R	ATHLETIC GRIT TURF STUDIO ALEXX G	SCULPTED YOGA M&B STUDIO KAREN L	ZUMBA MAIN STUDIO RENE B	PILATES MAT M&B STUDIO SUSAN S		
6:00-7:00 PM	6:00-6:45 PM	6:30-7:15 PM	6:00-7:00 PM	6:15-7:00 PM		
POWER YOGA M&B STUDIO LANA B	RHAPSODY CYCLE STUDIO ROBERT S	RHAPSODY CYCLE STUDIO CHAD R	POWER YOGA M&B STUDIO ROBERT S	ZUMBA MAIN STUDIO MAUREEN O		
6:30-7:15 PM	6:15-6:45 PM		6:30-7:15 PM			
RHAPSODY CYCLE STUDIO CHAD R	HARD CORE MAIN STUDIO ALEXX G		ATHLETIC GRIT TURF STUDIO CHAD R			
6:30-7:15 PM	6:30-7:30 PM					
ZUMBA MAIN STUDIO TANIA	VINYASA YOGA M&B STUDIO KSENIYA T					
	6:45-7:30 PM					
	TOTAL ATHLETE MAIN STUDIO ALEXX G					