

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	6:00-6:45AM	6:00-6:45 AM	7:00-7:45 AM	8:00-8:45 AM
ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	INFANTRY CAMP TURF STUDIO JENN B	BARRE M&B STUDIO MARY-CARMEN	TOTAL ATHLETE MAIN STUDIO JENN B	BEYOND STRENGTH MAIN STUDIO MARY C	ATHLETIC GRIT TURF JENN B	BARRE M&B STUDIO MARY-CARMEN
6:30-7:15 AM	7:00-7:45 AM	6:00-6:45 AM	7:00-7:45 AM	7:00-7:45 AM	8:00-8:45 AM	9:00-10:00 AM
BEYOND STRENGTH MAIN STUDIO JACKIE T	BEYOND STRENGTH MAIN STUDIO JENN B	HIIT THE TRACK TREADMILL STUDIO AJ GRIFFIN	TABATA + MAIN STUDIO JENN B	BARRE M&B FITNESS MARY-CARMEN	ATHLETIC GRIT TURF JENN B	VINYASA YOGA MAIN STUDIO JENN LEE
7:00-7:45 AM	8:00-8:45 AM	7:00-7:45 AM	8:00-8:45 AM	6:30-7:15 AM	8:30-9:15 AM	9:00-9:45 AM
APEX HIKE TREADMILL STUDIO AJ GRIFFIN	PILATES MAT M&B STUDIO KEIRA H	SCULPTED MAIN STUDIO MARY-CARMEN	HIIT THE TRACK TREADMILL STUDIO JENN B	RHAPSODY CYCLE STUDIO JACKIE T	PERFORMANCE CYCLE CYCLE STUDIO AJ GRIFFIN	RHAPSODY CYCLE STUDIO BURN MARY-CARMEN
8:00-8:45 AM	9:30-10:15 AM	8:00-9:00 AM	8:00-8:45 PM	7:00-7:45 AM	9:00-10:00 AM	10:00-10:45 AM
YOGA SCULPT M&B STUDIO KAREN L	BEYOND STRENGTH MAIN STUDIO JENN B	POWER YOGA M&B STUDIO ALEX G	BARRE M&B STUDIO MARY-CARMEN	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	POWER YOGA M&B STUDIO MELISSA D	BARRE M&B STUDIO MARY-CARMEN
8:15-9:00 AM	9:45-10:45 AM	8:30-9:15 AM	9:15-10:00 AM	8:00-8:30 AM	9:00-9:45 AM	10:15-11:00 AM
ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	VINYASA YOGA M&B STUDIO JENN L	TOTAL ATHLETE MAIN STUDIO AJ GRIFFIN	KB POWER TURF STUDIO STANFORD L	CORE & MOBILITY M&B STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	ZUMBA MAIN STUDIO JOSE R
9:15-10:15 AM	11:45-12:30 PM	9:30-10:15 AM	9:30-10:15 AM	8:30-9:15 AM	9:30-10:15 AM	10:15-11:00 AM
VINYASA YOGA M&B STUDIO STHEPANIE R	ESSETRICS M&B STUDIO CHELITA B	AQUA POOL STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	TABATA + MAIN STUDIO CHAD R	AQUA POOL STUDIO AJ GRIFFIN	ATHLETIC GRIT TURF CHAD R
9:30-10:15 AM	5:15-6:00 PM	9:30-10:15 AM	10:00-11:00 AM	9:30-10:15 AM	10:00-10:45 AM	11:15-12:15 PM
AQUA POOL STUDIO AJ GRIFFIN	ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	SCULPTED MAIN STUDIO LIBBY	VINYASA YOGA M&B STUDIO STEPHANIE R	AQUA POOL STUDIO AJ GRIFFIN	HIIT THE TRACK TREADMILL STUDIO JENN B	STRETCH & RECOVER MAIN STUDIO CAROLYN O
10:30-11:15 AM	5:30-6:15 PM	9:45-10:30 AM	11:15-12:15 PM	9:30-10:15 AM	10:00-10:45 AM	11:15-11:45 AM
PERFORMANCE CYCLE CYCLE STUDIO AJ GRIFFIN	AQUA POOL STUDIO ALEX L	ESSETRICS M&B STUDIO CHELITA	ESSETRICS M&B STUDIO CHELITA B	ATHLETIC GRIT TURF STUDIO CHAD R	PILATES MAT MAIN STUDIO CAROLYN O	HARD CORE TURF CHAD R
10:30-11:15 AM	5:30-6:15 PM	10:30-11:15 AM	5:30-6:15 PM	10:00-11:00 AM	11:00-11:45 AM	
CORE & MOBILITY MAIN STUDIO KAZUE	BARRE M&B STUDIO JACKIE	STEP MAIN STUDIO LIBBY	RHAPSODY CYCLE STUDIO CHAD R	VINYASA YOGA MAIN STUDIO VALENTINA K	ZUMBA MAIN STUDIO TANIA	
11:00-11:45AM	6:15-6:45 PM	10:45-11:30 AM	5:30-6:15 PM	11:00-11:45 AM	10:30-11:00 AM	
BARRE M&B STUDIO JENNIFER H	HARD CORE MAIN STUDIO AJ GRIFFIN	BARRE M&B STUDIO MARY-CARMEN	AQUA POOL STUDIO ALEX L	APEX HIKE TREADMILL STUDIO CHAD R	HARD CORE M&B STUDIO AJ GRIFFIN	
11:30-12:15 PM	6:30-7:30 PM	10:45-11:30 AM	6:30-7:30 PM	11:30-12:15 PM	11:15-12:15 PM	
PILATES MAT MAIN STUDIO CAROLYN O	VINYASA YOGA M&B STUDIO RYAN S	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	POWER YOGA M&B STUDIO RYAN SMITH	PILATES MAT MAIN STUDIO JENN H	ESSETRICS M&B STUDIO CHELITA	
12:30-1:15 PM	6:45-7:30 PM	5:30-6:15 PM	6:30-7:15 PM	12:00-1:00 PM		
SCULPTED MAIN STUDIO JENN H	TOTAL ATHLETE MAIN STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO CHAD	ZUMBA MAIN STUDIO RENE B	POWER YOGA M&B STUDIO ALEX G		
5:30-6:15 PM		6:00-7:00 PM	6:30-7:15 PM	12:30-1:15 PM		
TABATA + MAIN STUDIO CHAD R		YOGA SCULPT M&B STUDIO KAREN L	ATHLETIC GRIT TURF STUDIO CHAD R	BEYOND STRENGTH MAIN STUDIO JENN H		
6:00-7:00 PM		6:30-7:15 PM		5:15-6:00 PM		
POWER YOGA M&B STUDIO GINA R		PERFORMANCE CYCLE CYCLE STUDIO CHAD R		PILATES MAT M&B STUDIO SUSAN S		
6:30-7:15 PM		6:30-7:15 PM				
RHAPSODY CYCLE STUDIO CHAD R		ZUMBA MAIN STUDIO ELEN T				