

THE ST·JAMES
PERFORMANCE CLUB
BETHESDA

GROUP CLASS SCHEDULE

MARCH

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	8:00-8:45 AM	8:00-8:45 AM
ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	INFANTRY CAMP TURF STUDIO JENN B	BARRE M&B STUDIO MARY-CARMEN	TABATA + 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	6:30-7:15 AM	8:45-9:30 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	TOTAL ATHLETE MAIN STUDIO JENN B	RHAPSODY CYCLE STUDIO JACKIE T	PERFORMANCE CYCLE CYCLE STUDIO COLLEEN F	VINYASA YOGA MAIN STUDIO JENN LEE
7:00--:45 AM	8:00-8:45 AM	7:00-7:45 AM	7:30-8:15 AM	7:00-7:45 AM	9:00-10:00 AM	9:00-9:45 AM
APEX HIKE TREADMILL STUDIO AJ GRIFFIN	PILATES MAT M&B STUDIO KEIRA H	SCULPTED MAIN STUDIO MARY-CARMEN	PERFORMANCE CYCLE CYCLE STUDIO ADAM B	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	POWER YOGA M&B STUDIO MELISSA D	RHAPSODY CYCLE STUDIO BURN MARY-CARMEN
8:15-9:00 AM	9:30-10:15 AM	8:00-9:00 AM	8:00-8:45 AM	8:00-8:30 AM	9:00-9:45 AM	10:00-10:45 AM
ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	POWER YOGA M&B STUDIO ALEX G	HIIT THE TRACK TREADMILL STUDIO JENN B	CORE & MOBILITY M&B STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	BARRE M&B STUDIO MARY-CARMEN
9:15-10:15 AM	9:45-10:45 AM	8:30-9:15 AM	8:00-8:45 PM	8:30-9:15 AM	10:00-10:45 AM	10:15-11:00 AM
VINYASA YOGA M&B STUDIO STHEPANIE R	VINYASA YOGA M&B STUDIO JENN L	TOTAL ATHLETE MAIN STUDIO AJ GRIFFIN	BARRE M&B STUDIO MARY-CARMEN	TABATA + MAIN STUDIO CHAD R	HIIT THE TRACK TREADMILL STUDIO JENN B	ZUMBA MAIN STUDIO JOSE R
9:30-10:15 AM	11:45-12:30 PM	9:30-10:15 AM	9:15-10:00 AM	9:30-10:15 AM	10:00-10:45 AM	10:15-11:00 AM
AQUA POOL STUDIO AJ GRIFFIN	ESSETRICS M&B STUDIO CHELITA B	AQUA POOL STUDIO AJ GRIFFIN	KB POWER TURF STUDIO STANFORD L	AQUA POOL STUDIO AJ GRIFFIN	PILATES MAT MAIN STUDIO CAROLYN O	ATHLETIC GRIT TURF CHAD R
10:30-11:00 AM	5:15-6:00 PM	9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	11:00-11:45 AM	11:15-12:15 PM
PERFORMANCE CYCLE CYCLE STUDIO AJ GRIFFIN	ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	SCULPTED MAIN STUDIO LIBBY	SCULPTED MAIN STUDIO JENN B	ATHLETIC GRIT TURF STUDIO CHAD R	ZUMBA MAIN STUDIO TANIA	STRETCH & RECOVER MAIN STUDIO CAROLYN O
10:30-11:15 AM	5:30-6:15 PM	9:45-10:30 AM	10:00-11:00 AM	10:00-11:00 AM	11:15-12:15 PM	11:15-11:45 AM
CORE & MOBILITY MAIN STUDIO KAZUE	AQUA POOL STUDIO ALEX L	ESSETRICS M&B STUDIO CHELITA	VINYASA YOGA M&B STUDIO STEPHANIE R	VINYASA YOGA M&B STUDIO COBY S	ESSETRICS M&B STUDIO CHELITA	HARD CORE TURF CHAD R
11:30-12:15 PM	6:15-7:00 PM	10:30-11:15 AM	11:15-12:15 PM	11:00-11:45 AM		3:00-4:00 PM
PILATES MAT MAIN STUDIO CAROLYN O	TOTAL ATHLETE MAIN STUDIO AJ GRIFFIN	STEP MAIN STUDIO LIBBY	ESSETRICS M&B STUDIO CHELITA B	APEX HIKE TREADMILL STUDIO CHAD R		YOGA BASICS M&B STUDIO DIAN S
5:30-6:15 PM	6:30-7:30 PM	10:45-11:30 AM	5:30-6:15 PM	12:00-1:00 PM		4:15-5:15 PM
TABATA + MAIN STUDIO CHAD R	VINYASA YOGA M&B STUDIO RYAN S	APEX HIKE TREADMILL STUDIO AJ GRIFFIN STARTS 3/13	RHAPSODY CYCLE STUDIO CHAD R	POWER YOGA M&B STUDIO ALEX G		IYENGAR YOGA M&B STUDIO DIAN S
6:00-7:00 PM	7:00-7:30 PM	10:45-11:30 PM	5:30-6:15 PM	5:15-6:00 PM		
POWER YOGA M&B STUDIO GINA R	HARD CORE MAIN STUDIO AJ GRIFFIN	BARRE M&B STUDIO MARY-CARMEN	AQUA POOL STUDIO ALEX L	PILATES MAT M&B STUDIO SUSAN S		
6:30-7:15 PM		5:30-6:15 PM	6:30-7:30 PM			
BARRE MAIN STUDIO BELLA M		BEYOND STRENGTH MAIN STUDIO CHAD	POWER YOGA M&B STUDIO RYAN SMITH			
6:30-7:15 PM		6:30-7:15 PM	6:30-7:15 PM			
RHAPSODY CYCLE STUDIO CHAD R		BARRE M&B STUDIO BELLA M	ZUMBA MAIN STUDIO RENE B			
		6:30-7:15 PM	6:30-7:15 PM			
		PERFORMANCE CYCLE CYCLE STUDIO CHAD R	ATHLETIC GRIT TURF STUDIO CHAD R			