

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	TABATA + MAIN STUDIO MARY-CARMEN	BARRE M&B STUDIO MARY-CARMEN	ATHLETIC GRIT TURF STUDIO KAREEM C	BEYOND STRENGTH MAIN STUDIO MARY-CARMEN	ATHLETIC GRIT TURF JENN B	BARRE MAIN STUDIO MARY-CARMEN
6:30-7:15 AM	6:00-6:45 AM	6:00-6:45 AM	6:30-7:15 AM	6:30-7:15 AM	8:00-8:45 AM	9:00-10:00 AM
BEYOND STRENGTH MAIN STUDIO JACKIE T	INFANTRY CAMP TURF STUDIO JENN B	HIIT THE TRACK TREADMILL STUDIO KAREEM C	PERFORMANCE CYCLE CYCLE STUDIO AJ GRIFFIN	RHAPSODY CYCLE STUDIO JACKIE T	BEYOND STRENGTH MAIN STUDIO JENN B	VINYASA YOGA MAIN STUDIO JENN LEE
7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:00-7:45 AM	8:45-9:30 AM	9:00-9:45 AM
APEX HIKE TREADMILL STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	SCULPTED MAIN STUDIO MARY-CARMEN	TABATA + MAIN STUDIO KAREEM C	BARRE M&B STUDIO MARY-CARMEN	PERFORMANCE CYCLE CYCLE STUDIO CONNIE D	RHAPSODY CYCLE STUDIO BURN MARY-CARMEN
8:00-8:45 AM	7:00-7:45 AM	7:00-7:45 AM	7:45-8:30 AM	7:00-7:45 AM	9:00-10:00 AM	10:00-11:00 AM
YOGA SCULPTED MAIN STUDIO KAREN L	BARRE M&B STUDIO MARY-CARMEN	KB POWER TURF STUDIO KAREEM C	HIIT THE TRACK TREADMILL STUDIO AJ GRIFFIN	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	POWER YOGA M&B STUDIO MELISSA D	PILATES MAT M&B STUDIO CAROLYN O
8:15-9:00 AM	8:00-8:45 AM	7:30-8:30 AM	8:00-8:45 PM	8:00-8:30 AM	9:00-9:45 AM	10:15-11:00 AM
ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	PILATES MAT M&B STUDIO KEIRA H	POWER YOGA M&B STUDIO CATE G	BARRE M&B STUDIO MARY-CARMEN	MOBILITY M&B STUDIO AJ GRIFFIN	HIIT THE TRACK TREADMILL STUDIO JENN B	ZUMBA MAIN STUDIO JOSE R
9:15-10:15 AM	8:30-9:15 AM	8:30-9:15 AM	8:45-9:15 AM	8:30-9:15 AM	10:00-10:45 AM	10:15-11:00 AM
VINYASA YOGA M&B STUDIO RACHEL H	BEYOND STRENGTH MAIN STUDIO JENN B	TOTAL ATHLETE MAIN STUDIO KAREEM C	HARD CORE MAIN STUDIO AJ GRIFFIN	TABATA + MAIN STUDIO CHAD R	PILATES MAT MAIN STUDIO CAROLYN O	ATHLETIC GRIT TURF CHAD R
9:30-10:15 AM	9:30-10:15 AM	9:30-10:15 AM	9:00-10:00 AM	9:30-10:15 AM	10:15-11:15 AM	11:15-12:15 PM
AQUA POOL STUDIO AJ GRIFFIN	ATHLETIC GRIT TURF STUDIO CHAD R	AQUA POOL STUDIO AJ GRIFFIN	VINYASA YOGA M&B STUDIO CATE G	AQUA POOL STUDIO AJ GRIFFIN	VINYASA YOGA M&B STUDIO LEAH C	STRETCH & RECOVER MAIN STUDIO CAROLYN O
10:30-11:00 AM	9:45-10:30 AM	9:30-10:15 AM	9:15-10:00 AM	9:30-10:15 AM	11:00-11:45 AM	11:15-11:45 AM
PERFORMANCE CYCLE CYCLE STUDIO AJ GRIFFIN	BARRE M&B STUDIO ALLYSON M	SCULPTED MAIN STUDIO KAREEM C	KB POWER TURF STUDIO STANFORD L	ATHLETIC GRIT TURF STUDIO CHAD R	ZUMBA MAIN STUDIO TANIA	HARD CORE TURF CHAD R
11:30-12:15 PM	10:30-11:15 AM	9:45-10:30 AM	9:30-10:15 AM	10:00-11:00 AM	11:30-12:30 PM	12:30-1:30 PM
BARRE M&B STUDIO JENN H	APEX HIKE TREADMILL STUDIO CHAD R	ESSENTRICS M&B STUDIO CHELITA B	BEYOND STRENGTH MAIN STUDIO JENN B	VINYASA YOGA M&B STUDIO VALENTINA K	ESSENTRICS M&B STUDIO CHELITA S	PILATES MAT MAIN STUDIO RACHEL C
11:30-12:15 PM	11:00-12:00 AM	10:30-11:15 AM	11:15-12:15 PM	10:30-11:15 AM		5:15-6:00 PM
PILATES MAT MAIN STUDIO CAROLYN O	YOGA SCULPTED MAIN STUDIO ALLYSON M	STEP MAIN STUDIO AJ GRIFFIN	ESSENTRICS M&B STUDIO CHELITA B	APEX HIKE TREADMILL STUDIO CHAD R		SOUND BATH M&B STUDIO LANA B
12:30-1:15 PM	11:45-12:30 PM	10:45-11:30 AM	11:45-12:45 AM	10:30-11:15 AM		
SCULPTED MAIN STUDIO JENN H	ESSENTRICS M&B STUDIO CHELITA B	BARRE M&B STUDIO MARY-CARMEN	VINYASA YOGA MAIN STUDIO RACHEL H	SCULPTED MAIN STUDIO ADAIR P		
4:30-5:15 PM	5:00-6:00 PM	11:30-12:15 PM	5:30-6:15 PM	11:30-12:15 PM		
BARRE M&B STUDIO CONNIE D	PILATES MAT MAIN STUDIO RACHEL C	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	RHAPSODY CYCLE STUDIO CHAD R	ZUMBA MAIN STUDIO AJ GRIFFIN		
5:30-6:15 PM	5:15-6:00 PM	11:30-12:15 PM	5:30-6:15 PM	12:00-1:00 PM		
TABATA + MAIN STUDIO CHAD R	ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	PILATES MAT MAIN STUDIO JENN H	ZUMBA MAIN STUDIO RENE B	POWER YOGA M&B STUDIO LANA B		
6:00-7:00 PM	5:30-6:15 PM	12:30-1:15 PM	5:30-6:15 PM	1:15-1:45 PM		
POWER YOGA M&B STUDIO LANA B	BARRE M&B STUDIO JACKIE	BEYOND STRENGTH MAIN STUDIO JENN H	AQUA POOL STUDIO AJ GRIFFIN	POWER NAP M&B STUDIO LANA B		
6:30-7:15 PM	6:00-6:45 PM	5:30-6:15 PM	6:30-7:30 PM	5:15-6:00 PM		
RHAPSODY CYCLE STUDIO CHAD R	RHAPSODY CYCLE STUDIO ROBERT S	BEYOND STRENGTH MAIN STUDIO CHAD	POWER YOGA M&B STUDIO ROBERT S	PILATES MAT M&B STUDIO SUSAN S		
7:15-7:45 PM	6:15-6:45 PM	6:00-7:00 PM	6:30-7:15 PM			
POWER NAP M&B STUDIO LANA B	HARD CORE MAIN STUDIO AJ GRIFFIN	YOGA SCULPTED M&B STUDIO KAREN L	ATHLETIC GRIT TURF STUDIO CHAD R			
	6:30-7:30 PM	6:30-7:15 PM	6:30-7:00 PM			
	VINYASA YOGA M&B STUDIO RYAN S	PERFORMANCE CYCLE CYCLE STUDIO CHAD R	HARD CORE MAIN STUDIO AJ GRIFFIN			
	6:45-7:30 PM	6:30-7:15 PM				
	TOTAL ATHLETE MAIN STUDIO AJ GRIFFIN	SCULPTED MAIN STUDIO ADAIR P				