

THE ST·JAMES

PERFORMANCE CLUB

BETHESDA

GROUP CLASS

SCHEDULE

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	HIIT THE TRACK TREADMILL STUDIO KAREEM C	HYROX LAB TURF STUDIO KAREEM C	BEYOND STRENGTH MAIN STUDIO MARY-CARMEN	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	6:30-7:15 AM	7:00-7:45 AM	8:00-8:45 AM	9:00-10:00 AM
BEYOND STRENGTH MAIN STUDIO JACKIE T	RHAPSODY CYCLE STUDIO MARY-CARMEN	BARRE MAIN STUDIO MARY-CARMEN	PERFORMANCE CYCLE CYCLE STUDIO PHILL G	BARRE M&B STUDIO MARY-CARMEN	HYROX LAB MAIN STUDIO ROXY STARTS 9/13	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	8:00-8:45 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	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	YOGA SCULPTED M&B STUDIO KAREN L	RHAPSODY CYCLE STUDIO BURN MARY-CARMEN
7:15-8:00 AM	7:15-8:00 AM	7:00-7:45 AM	7:45-8:30 AM	8:00-8:30 AM	8:45-9:30 AM	10:00-11:00 AM
RHAPSODY CYCLE STUDIO JACKIE T	BARRE M&B STUDIO MARY-CARMEN	KB POWER TURF STUDIO KAREEM C	HIIT THE TRACK TREADMILL STUDIO PHILL G	MOBILITY M&B STUDIO AJ GRIFFIN	PERFORMANCE CYCLE CYCLE STUDIO COLLEEN F	PILATES MAT M&B STUDIO CAROLYN O
8:00-8:45 AM	8:15-9:00 AM	7:30-8:30 AM	8:45-9:15 AM	8:30-9:15 AM	9:00-9:45 AM	10:15-11:00 AM
YOGA SCULPTED MAIN STUDIO KAREN L	PILATES MAT M&B STUDIO KEIRA H	POWER YOGA M&B STUDIO CATE G	HARD CORE MAIN STUDIO AJ GRIFFIN	TABATA + MAIN STUDIO CHAD R	BEYOND STRENGTH MAIN STUDIO JENN B	ZUMBA MAIN STUDIO JOSE R
8:15-9:00 AM	8:30-9:15 AM	8:30-9:15 AM	9:00-10:00 AM	9:30-10:15 AM	9:00-10:00 AM	10:15-11:00 AM
ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	TOTAL ATHLETE MAIN STUDIO KAREEM C	VINYASA YOGA M&B STUDIO CATE G	AQUA POOL STUDIO AJ GRIFFIN	POWER YOGA M&B STUDIO MELISSA D	ATHLETIC GRIT TURF CHAD R
9:30-10:15 AM	9:30-10:15 AM	8:45-9:30 AM	9:15-10:00 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 CHAD R	YOGA SCULPTED M&B STUDIO KAREN L STARTS 9/10	KB POWER TURF STUDIO STANFORD L	ATHLETIC GRIT TURF STUDIO CHAD R	HIIT THE TRACK TREADMILL STUDIO JENN B	STRETCH & RECOVER MAIN STUDIO CAROLYN O
10:30-11:00 AM	10:00-10:45 AM	9:30-10:15 AM	9:30-10:15 AM	10:00-11:00 AM	10:00-10:45 AM	11:15-11:45 AM
VINYASA YOGA M&B STUDIO KSENIYA T	BARRE MAIN STUDIO ADAIR P	AQUA POOL STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN B	VINYASA YOGA M&B STUDIO VALENTINA K	PILATES MAT MAIN STUDIO CAROLYN O	HARD CORE TURF CHAD R
10:30-11:00 AM	10:30-11:15 AM	9:30-10:15 AM	10:30-11:15 AM	10:30-11:15 AM	10:15-11:15 AM	5:15-6:00 PM
PERFORMANCE CYCLE CYCLE STUDIO AJ GRIFFIN	APEX HIKE TREADMILL STUDIO CHAD R	SCULPTED MAIN STUDIO KAREEM C	ZUMBA MAIN STUDIO AJ GRIFFIN	APEX HIKE TREADMILL STUDIO CHAD R	VINYASA YOGA M&B STUDIO LEAH C	SOUND BATH M&B STUDIO LANA B
10:30-11:15 AM	11:45-12:30 PM	9:45-10:30 AM	11:15-12:15 PM	10:30-11:15 AM	11:00-11:45 AM	6:15-7:15 PM
PILATES MAT MAIN STUDIO CAROLYN O	ESSENTRICS M&B STUDIO CHELITA B	ESSENTRICS M&B STUDIO CHELITA B	ESSENTRICS M&B STUDIO CHELITA B	SCULPTED MAIN STUDIO ADAIR P	ZUMBA MAIN STUDIO TANIA	RESTORATIVE YOGA M&B STUDIO LANA B
11:30-12:15 PM	5:00-6:00 PM	10:30-11:15 AM	5:30-6:15 PM	11:30-12:15 PM	11:30-12:30 PM	
BARRE MAIN STUDIO JENN H	PILATES MAT MAIN STUDIO RACHEL C	STEP MAIN STUDIO AJ GRIFFIN	RHAPSODY CYCLE STUDIO CHAD R	BEYOND STRENGTH MAIN STUDIO AJ GRIFFIN	ESSENTRICS M&B STUDIO CHELITA S	
12:30-1:15 PM	5:15-6:00 PM	10:30-11:15 PM	5:30-6:15 PM	12:00-1:00 PM		
SCULPTED MAIN STUDIO JENN H	ATHLETIC GRIT TURF STUDIO AJ GRIFFIN	APEX HIKE TREADMILL STUDIO AJ GRIFFIN	ZUMBA MAIN STUDIO RENE B	POWER YOGA M&B STUDIO LANA B		
4:30-5:15 PM	6:00-6:45 PM	11:30-12:15 PM	5:30-6:15 PM	5:15-6:00 PM		
BARRE M&B STUDIO CONNIE D	RHAPSODY CYCLE STUDIO ROBERT S	PILATES MAT MAIN STUDIO JENN H	AQUA POOL STUDIO AJ GRIFFIN	PILATES MAT MAIN STUDIO SUSAN S		
5:30-6:15 PM	6:15-6:45 PM	12:30-1:15 PM	6:00-7:00 PM			
TABATA + MAIN STUDIO CHAD R	HARD CORE MAIN STUDIO AJ GRIFFIN	BEYOND STRENGTH MAIN STUDIO JENN H	POWER YOGA M&B STUDIO ROBERT S			
6:00-7:00 PM	6:30-7:30 PM	5:30-6:15 PM	6:30-7:15 PM			
POWER YOGA M&B STUDIO LANA B	VINYASA YOGA M&B STUDIO KSENIYA T	BEYOND STRENGTH MAIN STUDIO CHAD	ATHLETIC GRIT TURF STUDIO CHAD R			
6:30-7:15 PM	6:45-7:30 PM	6:00-7:00 PM	6:30-7:00 PM			
RHAPSODY CYCLE STUDIO CHAD R	TOTAL ATHLETE MAIN STUDIO AJ GRIFFIN	YOGA SCULPTED M&B STUDIO KAREN L	HARD CORE MAIN STUDIO AJ GRIFFIN			
7:15-7:45 PM		6:30-7:15 PM				
POWER NAP M&B STUDIO LANA B		PERFORMANCE CYCLE CYCLE STUDIO CHAD R				
		6:30-7:15 PM				
		SCULPTED MAIN STUDIO ADAIR P				