

**THE ST·JAMES**  
PERFORMANCE CLUB  
BETHESDA

**GROUP CLASS SCHEDULE**

DECEMBER

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