

**THE ST·JAMES**  
PERFORMANCE CLUB  
**BETHESDA**

**GROUP CLASS**  
**SCHEDULE**

FEBRUARY

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