

THE ST·JAMES
PERFORMANCE CLUB
BETHESDA

GROUP CLASS
SCHEDULE

APRIL

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