

THE ST·JAMES
PERFORMANCE CLUB
BETHESDA

GROUP CLASS
SCHEDULE

JANUARY

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