

THE ST·JAMES
PERFORMANCE CLUB
BETHESDA

GROUP CLASS
SCHEDULE

MAY

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