

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	6:00-6:45AM	6:00-6:45 AM	7:00-7:45 AM	8:00-8:45 AM
ATHLETIC GRIT TURF STUDIO ALEXX G	INFANTRY CAMP 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	7:00-7:45 AM	7:45-8:45 AM	9:00-10:00 AM
BEYOND STRENGTH MAIN STUDIO JACKIE T	RHAPSODY CYCLE STUDIO MARY-CARMEN	BARRE MAIN STUDIO MARY-CARMEN	SCULPTED YOGA MAIN STUDIO TONY N	BARRE M&B STUDIO MARY-CARMEN	SCULPTED YOGA MAIN STUDIO ROXY H	VINYASA YOGA MAIN STUDIO JENN LEE
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	8:00-8:45 AM	9:00-9:45 AM
APEX HIKE TREADMILL STUDIO ALEXX G	BEYOND STRENGTH MAIN STUDIO JENN B	SCULPTED MAIN STUDIO MARY-CARMEN	PERFORMANCE CYCLE CYCLE STUDIO PHILL G	APEX HIKE TREADMILL STUDIO ALEXX G	HYROX LAB MAIN STUDIO JENN B	RHAPSODY CYCLE STUDIO BURN MARY-CARMEN
7:15-8:00 AM	7:15-8:00 AM	7:00-7:45 AM	7:00-7:45 AM	8:00-8:30 AM	8:45-9:30 AM	10:00-11:00 AM
RHAPSODY CYCLE STUDIO JACKIE T	BARRE M&B STUDIO MARY-CARMEN	KB POWER TURF STUDIO KAREEM C	TABATA + MAIN STUDIO KAREEM C	MOBILITY M&B STUDIO ALEXX G	PERFORMANCE CYCLE CYCLE STUDIO COLLEEN F	PILATES MAT M&B STUDIO CAROLYN O
8:00-8:45 AM	8:15-9:00 AM	7:30-8:30 AM	7:45-8:30 AM	8:30-9:15 AM	9:00-9:45 AM	10:15-11:00 AM
SCULPTED YOGA MAIN STUDIO KAREN L	PILATES MAT M&B STUDIO KEIRA H	POWER YOGA M&B STUDIO CATE G	HIIT THE TRACK TREADMILL STUDIO PHILL G	TABATA + MAIN STUDIO CHAD R	BEYOND STRENGTH MAIN STUDIO JENN B	ZUMBA MAIN STUDIO JOSE R
8:15-9:00 AM	8:30-9:15 AM	8:30-9:15 AM	8:45-9:15 AM	9:30-10:15 AM	9:00-10:00 AM	10:15-11:00 AM
ATHLETIC GRIT TURF STUDIO ALEXX G	BEYOND STRENGTH MAIN STUDIO JENN B	TOTAL ATHLETE MAIN STUDIO KAREEM C	HARD CORE MAIN STUDIO ALEXX G	AQUA POOL STUDIO AJ GRIFFFIN	POWER YOGA M&B STUDIO MELISSA D	ATHLETIC GRIT TURF CHAD R
9:30-10:15 AM	9:30-10:15 AM	8:30-9:15 PM	9:00-10:00 AM	9:30-10:15 AM	10:00-10:45 AM	11:15-12:15 PM
AQUA POOL STUDIO ALEXX G	ATHLETIC GRIT TURF STUDIO CHAD R	APEX HIKE TREADMILL STUDIO ALEXX G	VINYASA YOGA M&B STUDIO CATE G	ATHLETIC GRIT TURF STUDIO CHAD R	HIIT THE TRACK TREADMILL STUDIO JENN B	STRETCH & RECOVER MAIN STUDIO CAROLYN O
10:30-11:00 AM	10:30-11:15 AM	8:45-9:30 AM	9:15-10:00 AM	10:00-11:00 AM	10:00-10:45 AM	11:15-11:45 AM
VINYASA YOGA M&B STUDIO KSENIYA T	BARRE MAIN STUDIO ADAIR P	SCULPTED YOGA M&B STUDIO KAREN L	KB POWER TURF STUDIO STANFORD L	VINYASA YOGA M&B STUDIO VALENTINA K	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	9:30-10:15 AM	10:30-11:15 AM	10:15-11:15 AM	5:15-6:00 PM
PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	APEX HIKE TREADMILL STUDIO CHAD R	AQUA POOL STUDIO ALEXX G	BEYOND STRENGTH MAIN STUDIO ALEXX G	APEX HIKE TREADMILL STUDIO CHAD R	VINYASA YOGA M&B STUDIO LEAH C	SOUND BATH M&B STUDIO LANA B
10:30-11:15 AM	11:45-12:30 PM	9:30-10:15 AM	10:30-11:15 AM	10:30-11:15 AM	11:00-11:45 AM	6:15-7:15 PM
PILATES MAT MAIN STUDIO CAROLYN O	ESSETRICS M&B STUDIO ELENA D	SCULPTED MAIN STUDIO LIBBY R	ZUMBA MAIN STUDIO ALEXX G	SCULPTED MAIN STUDIO ADAIR P	ZUMBA MAIN STUDIO TANIA	RESTORATIVE YOGA M&B STUDIO LANA B
11:30-12:15 PM	5:00-6:00 PM	10:30-11:15 AM	11:30-12:15 PM	11:30-12:15 PM	11:30-12:30 PM	
BARRE MAIN STUDIO JENN H	PILATES MAT MAIN STUDIO RACHEL C	STEP MAIN STUDIO LIBBY R	ESSETRICS M&B STUDIO ELENA D	BEYOND STRENGTH MAIN STUDIO ALEXX G	STRETCH & RECOVER MAIN STUDIO CAROLYN O	
12:30-1:15 PM	5:15-6:00 PM	12:30-1:15 PM	5:30-6:15 PM	12:00-1:00 PM		
SCULPTED MAIN STUDIO JENN H	ATHLETIC GRIT TURF STUDIO ALEXX G	BEYOND STRENGTH MAIN STUDIO JENN H	RHAPSODY CYCLE STUDIO CHAD R	POWER YOGA M&B STUDIO LANA B		
4:30-5:15 PM	6:00-6:45 PM	5:30-6:15 PM	5:30-6:15 PM	5:15-6:00 PM		
BARRE M&B STUDIO CONNIE D	RHAPSODY CYCLE STUDIO ROBERT S	BEYOND STRENGTH MAIN STUDIO CHAD	ZUMBA MAIN STUDIO RENE B	PILATES MAT MAIN STUDIO SUSAN S		
5:30-6:15 PM	6:15-6:45 PM	6:00-7:00 PM	5:30-6:15 PM			
TABATA + MAIN STUDIO CHAD R	HARD CORE MAIN STUDIO ALEXX G	SCULPTED YOGA M&B STUDIO KAREN L	AQUA POOL STUDIO ALEXX G			
6:00-7:00 PM	6:30-7:30 PM	6:30-7:15 PM	6:00-7:00 PM			
POWER YOGA M&B STUDIO LANA B	VINYASA YOGA M&B STUDIO KSENIYA T	PERFORMANCE CYCLE CYCLE STUDIO CHAD R	POWER YOGA M&B STUDIO ROBERT S			
6:30-7:15 PM	6:45-7:30 PM	6:30-7:15 PM	6:30-7:15 PM			
RHAPSODY CYCLE STUDIO CHAD R	TOTAL ATHLETE MAIN STUDIO ALEXX G	SCULPTED MAIN STUDIO ADAIR P	ATHLETIC GRIT TURF STUDIO CHAD R			
6:30-7:15 PM			6:30-7:00 PM			
ZUMBA MAIN STUDIO TANIA			HARD CORE MAIN STUDIO ALEXX G			
7:15-7:45 PM						
POWER NAP M&B STUDIO LANA B						