

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