

THE ST·JAMES
PERFORMANCE CLUB
BETHESDA

GROUP CLASS SCHEDULE

NOVEMBER

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