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.



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 PHILL G	**HIIT THE TRACK** TREADMILL STUDIO KAREEM C	**HYROX LAB** TURF STUDIO KAREEM C	**ATHLETIC GRIT** TURF STUDIO ALEXX G	**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	6:00–6:45 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	**BEYOND STRENGTH** MAIN STUDIO MARY-CARMEN	**HYROX LAB** TURF STUDIO JACKIE T	**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	9:00–9:45 AM
APEX HIKE TREADMILL STUDIO ALEXX G	**BEYOND STRENGTH** MAIN STUDIO PHILL G	**SCULPTED** MAIN STUDIO MARY-CARMEN	**PERFORMANCE CYCLE** CYCLE STUDIO PHILL G	**APEX HIKE** TREADMILL STUDIO ALEXX G	**PERFORMANCE CYCLE** CYCLE STUDIO COLEEN F	**VINYASA YOGA** MAIN STUDIO JEN L
8:00–8:45 AM	7:15–8:00 AM	7:00–7:45 AM	7:00–7:45 AM	7:00–7:45 AM	9:00–9:45 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	**BARRE** M&B STUDIO MARY-CARMEN	**BEYOND STRENGTH** BUILD JACKIE T	**PILATES MAT** M&B STUDIO CAROLYN O
8:30–9:15 AM	8:15–9:00 AM	8:30–9:15 AM	7:30–8:15 AM	8:30–9:15 AM	10:00–10:45 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 ALEXX G	**HIIT THE TRACK** TREADMILL STUDIO ALEXX G	**ZUMBA** MAIN STUDIO AUGUSTO R
9:15–10:00 AM	8:30–9:15 AM	8:45–9:30 AM	8:00–8:45 AM	9:30–10:15 AM	10:00–10:45 AM	10:15–11:00 AM
BEYOND STRENGTH MAIN STUDIO RACHEL C	**BEYOND STRENGTH** MAIN STUDIO CHAD R	**SCULPTED YOGA** M&B STUDIO KAREN L	**PILATES MAT** M&B STUDIO ZAINA	**AQUA** POOL 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	9:30–10:15 AM	8:45–9:15 AM	9:30–10:15 AM	10:00–11:00 AM	11:15–12:15 PM
AQUA POOL STUDIO ALEXX G	**ATHLETIC GRIT** TURF STUDIO CHAD R	**AQUA** POOL STUDIO ALEXX G	**HARD CORE** MAIN STUDIO ALEXX G	**ATHLETIC GRIT** TURF STUDIO CHAD R	**STRETCH & RECOVER** MAIN STUDIO CAROLYN O	**STRETCH & RECOVER** MAIN STUDIO CAROLYN O
10:30–11:00 AM	9:30–10:15 AM	9:30–10:15 AM	9:00–10:00 AM	10:15–11:15 AM	10:15–11:15 AM	11:15–11:45 AM
VINYASA YOGA M&B STUDIO KSENIYA T	**BARRE** MAIN STUDIO ADAIR P	**SCULPTED** MAIN STUDIO LIBBY R	**VINYASA YOGA** M&B STUDIO CATE G	**VINYASA YOGA** M&B STUDIO VALENTINA K	**VINYASA YOGA** M&B STUDIO LEAH C	**HARD CORE** TURF CHAD R
10:30–11:00 AM	10:30–11:15 AM	10:00–10:45 AM	9:15–10:00 AM	10:30–11:15 AM	11:30–12:15 PM	12:00–12:45 AM
PERFORMANCE CYCLE CYCLE STUDIO ALEXX G	**VINYASA YOGA** M&B STUDIO RACHELLE D	**ESSENTRICS** M&B STUDIO CHELITA B	**KB POWER** TURF STUDIO STANFORD L	**APEX HIKE** TREADMILL STUDIO CHAD R	**PILATES MAT** MAIN STUDIO CAROLYN O	**APEX HIKE** TREADMILL STUDIO CHAD R
10:30–11:15 AM	10:30–11:15 AM	10:30–11:15 AM	9:30–10:15 AM	10:30–11:15 AM	11:15–12:00 PM	12:00–12:45
PILATES MAT MAIN STUDIO CAROLYN O	**APEX HIKE** TREADMILL STUDIO CHAD R	**APEX HIKE** TREADMILL STUDIO ALEXX G	**BEYOND STRENGTH** MAIN STUDIO ALEXX G	**SCULPTED** MAIN STUDIO ADAIR P	**ZUMBA** MAIN STUDIO TANIA	**AQUA** POOL STUDIO JENN F STARTS 11/8
11:30–12:15 PM	11:30–12:15 PM	10:30–11:15 AM	10:30–11:15 AM	11:30–12:15 PM		5:15–6:00 PM
BARRE MAIN STUDIO JENN H	**ESSENTRICS** MAIN STUDIO CHELITA B	**STEP** MAIN STUDIO LIBBY R	**ZUMBA** MAIN STUDIO ALEXX G	**BEYOND STRENGTH** MAIN STUDIO CHAD R		**SOUND BATH** M&B STUDIO LANA B
12:30–1:15 PM	12:00–1:00 PM	11:00–12:00 PM	11:30–12:15 PM	12:00–1:00 PM		6:15–7:15 PM
SCULPTED MAIN STUDIO JENN H	**VINYASA YOGA** M&B STUDIO JOSE D	**VINYASA YOGA** M&B STUDIO JEN L STARTS 10/14	**ESSENTRICS** MAIN STUDIO CHELITA B	**POWER YOGA** M&B STUDIO LANA B		**RESTORATIVE YOGA** M&B STUDIO LANA B
5:00–5:45 PM	5:00–6:00 PM	11:30–12:15 AM	12:30–1:15	5:00–5:45 PM		
BARRE M&B STUDIO CONNIE D	**PILATES MAT** MAIN STUDIO RACHEL C	**PILATES MAT** MAIN STUDIO JENN H	**AQUA** POOL STUDIO LARA H	**BEYOND STRENGTH** MAIN STUDIO CONNIE D		
5:30–6:15 PM	5:15–6:00 PM	12:30–1:15 PM	5:30–6:15 PM	5:15–6:00 PM		
TABATA + MAIN STUDIO CHAD R	**ATHLETIC GRIT** TURF STUDIO ALEXX G	**BEYOND STRENGTH** MAIN STUDIO JENN H	**RHAPSODY** CYCLE STUDIO CHAD R	**PILATES MAT** M&B STUDIO SUSAN S		
6:00–7:00 PM	6:15–6:45 PM	5:15–6:00 PM	5:30–6:15 PM	6:15–7:00 PM		
POWER YOGA M&B STUDIO LANA B	**HARD CORE** MAIN STUDIO ALEXX G	**ATHLETIC GRIT** TURF STUDIO BRAXTON P	**ZUMBA** MAIN STUDIO RENE B	**ZUMBA** MAIN STUDIO MAUREEN O		
6:30–7:15 PM	6:30–7:30 PM	5:30–6:15 PM	6:00–7:00 PM			
RHAPSODY CYCLE STUDIO CHAD R	**VINYASA YOGA** M&B STUDIO KSENIYA T	**BEYOND STRENGTH** MAIN STUDIO CHAD	**HATHA YOGA** M&B STUDIO MARGI P			
6:30–7:15 PM	6:45–7:30 PM	6:00–7:00 PM	6:30–7:15 PM			
ZUMBA MAIN STUDIO TANIA	**TOTAL ATHLETE** MAIN STUDIO ALEXX G	**SCULPTED YOGA** M&B STUDIO KAREN L	**ATHLETIC GRIT** TURF STUDIO CHAD R			
		6:15–7:00 PM				
		APEX HIKE TREADMILL STUDIO BRAXTON P				
		6:30–7:15 PM				
		RHAPSODY CYCLE STUDIO CHAD R				