



“...courage is only an accumulation of small steps.”
—George Konrad

SUMMER CLASS SCHEDULE

MON — THUR
FRI
SAT & SUN

6:00 AM - 8:30 PM
6:00 AM - 7:30 PM
8:00 AM - 4:00 PM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|--|
| 6:35 - 7:30 am Fat Burning BootCamp <i>Registration Required</i> | 6:30 - 7:15 am Spinning Carlos | 6:35 - 7:30 am Fat Burning BootCamp <i>Registration Required</i> | 6:30 - 7:15 am Spinning Carlos | 6:35 - 7:30 am Fat Burning BootCamp <i>Registration Required</i> | | |
| 8:30 - 9:20 am Kick Boxing & Conditioning Lynette | 8:15 - 9:00 am Balletone Rebecca | 8:00 - 9:00 am Yoga Becky | | 7:30 - 8:20 am Sculpt Interval Rebecca | 8:30 - 9:15 am Spinning Stephen | |
| 9:30 - 10:30 am Spin Core & More Coach Mo | 9:00 - 10:00 am Muscle Sculpt Rebecca | 9:15 - 10:15 am Cardio/Sculpt Interval Jenn | 9:00 - 10:00 am Muscle Sculpt Garry | 8:30 - 9:25 am Cardio Dance Jenn | 9:30 - 10:30 am Yoga Flow Barbara | 9:30 - 10:15 am Core & Sculpt Rebecca |
| 10:40 - 11:30 am Yoga Michelle | 10:00 - 11:00 am Kukuwa Dance Workout | 10:30 - 11:15 am Spinning Jenn | 10:00 - 11:00 am Kukuwa Dance Workout | 9:30 - 10:30 am Mat Pilates Michelle | 10:30 - 11:30 am Kukuwa Dance Workout | 10:30 - 11:15 am Yoga Shree |
| | | | | 10:40 - 11:30 am Kick Box Lynette | | |
| 5:30 - 6:15 pm Abs & Back Rebecca | 5:00 - 6:00 pm Tai Chi Shirley | 5:00 - 6:15 pm Cycle Circuit Sean | 4:45 - 5:45 pm BOSU & Stretch Mike | 11:40 - 12:40 pm Yoga Shree | | |
| 6:30 - 7:30 pm S.S.I.T. Spin Coach Mo | 6:00 - 6:45 pm Strength Training Nik | 6:30 - 7:30 pm S.S.I.T Spin Coach Mo | 5:45 - 6:45 pm Strength Training Nik | | | |
| | | 7:30 - 8:30 pm Yoga Shree | | | | |

Please note: Michelle Smith is available for 1-on-1 Reformer Pilates. Please contact her at 703-405-3371 to set up an appointment.

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