



ESRA South Bldg. GX Schedule DEC 2018

Classes are subject to change. Please contact the front desk for questions or updates at 202-720-8995.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	3 Ropes w/ Abby Yoga w/ Abby	4 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	5 Closed for National Day of Mourning	6 Spin w/ Dixie Yoga w/ Elizabeth	7 Body tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	10 HIIT w/ Abby Yoga w/ Abby	11 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	12 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Emily	13 Spin w/ Emily Yoga w/ Elizabeth	14 Body tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	17 Kettlebell w/ Abby Yoga w/ Abby	18 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	19 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Emily	20 Spin w/ Emily Yoga w/ Elizabeth	21 Body tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	24 NO CLASSES THIS WEEK	25 Closed: Christmas Day	26 NO CLASSES THIS WEEK	27 NO CLASSES THIS WEEK	28 NO CLASSES THIS WEEK
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	31 Cardio Shred w/ Abby Yoga w/ Abby				