

ESRA South Bldg. GX Schedule FEB 2019

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 | | | | | 1 Spin w/ Emily Core, Cardio & Muscle w/ Steve |
| 11:45-12:30pm 12:30-1:15pm 1:15-2:00pm | 4 HIIT w/ Abby Yoga w/ Abby | 5 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin | 6 Zumba w/ Jane Crosstraining w/ Steve No Class | 7 Spin w/ Dixie Yoga w/ Elizabeth | 8 Crosstraining w/ Steve Core, Cardio & Muscle w/ Steve |
| 11:45-12:30pm 12:30-1:15pm 1:15-2:00pm | 11 Kettlebells w/ Abby Yoga w/ Abby | 12 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin | 13 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Dixie | 14 Spin w/ Dixie Yoga w/ Elizabeth | 15 Crosstraining w/ Steve Core, Cardio & Muscle w/ Steve |
| 11:45-12:30pm 12:30-1:15pm 1:15-2:00pm | 18 CLOSED: President's Day | 19 Spin w/ Emily Cardio Pump w/ Dixie No Class | 20 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Emily | 21 Spin w/ Emily Yoga w/ Elizabeth | 22 Crosstraining w/ Steve Core, Cardio & Muscle w/ Steve |
| 11:45-12:30pm 12:30-1:15pm 1:15-2:00pm | 25 TRX & Cardio w/ Abby Yoga w/ Abby | 26 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin | 27 MEMBER DAY! Cardio Pump w/ Dixie Crosstraining w/ Steve Spin w/ Emily | 28 Spin w/ Emily Yoga w/ Elizabeth | |