



ESRA South Bldg. GX Schedule MAR 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
11:45-12:30 pm 12:30-1:15 pm 1:15-2:00 pm					1 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30 pm 12:30-1:15 pm 1:15-2:00 pm	4 TRX+Cardio w/ Abby Yoga w/ Abby	5 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	6 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Emily	7 Spin w/ Dixie Yoga w/ Elizabeth	8 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30 pm 12:30-1:15 pm 1:15-2:00 pm	11 Kickboxing w/ Dixie Yoga w/ Dixie	12 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	13 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Emily	14 Spin w/ Emily Yoga w/ Elizabeth	15 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15 pm 1:15-2:00 pm	18 Kettlebells w/ Abby Yoga w/ Abby	19 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	20 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Emily	21 Spin w/ Emily Yoga w/ Elizabeth	22 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15 pm 1:15-2:00 pm	25 HIIT w/ Abby Yoga w/ Abby	26 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	27 Zumba w/ Jane Crosstraining w/ Steve Spin w/ Dixie	28 Spin w/ Emily Yoga w/ Elizabeth	29 Crosstraining w/ Steve Core, Cardio & Muscle w/ Steve