



# ESRA South Bldg. GX Schedule MAY 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 Zumba w/ Jane  Cross training w/ Steve  Spin w/ Emily	2 Spin w/ Emily  Yoga w/ Elizabeth	3 Cross Training w/ Steve  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	6 Ropes w/ Abby  Yoga w/ Abby	7 Bootcamp w/ Quentin  Cardio pump w/ Dixie  Spin w/ Quentin	8 Zumba w/ Jane  Cross Training w/ Steve  Spin w/ Emily	9 Spin w/ Emily  Yoga w/ Dixie	10 Body Tone w/ Olivia  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	13 Kettlebells w/ Abby  Yoga w/ Abby  Band Pilates w/ Abby (30 minutes)	14 Bootcamp w/ Quentin  Cardio pump w/ Dixie  Spin w/ Quentin	15 Zumba w/ Jane  Cross Training w/ Steve  Spin w/ Emily	16 Spin w/ Emily  Yoga w/ Elizabeth	17 Body Tone w/ Olivia  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	20 HIIT w/ Abby  Yoga w/ Abby	21 Bootcamp w/ Quentin  Cardio pump w/ Dixie  Spin w/ Quentin	22 Zumba w/ Jane  Cross Training w/ Steve  Spin w/ Emily	23 Spin w/ Emily  Yoga w/ Elizabeth	24 Body Tone w/ Olivia  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	27 <b>CLOSED:</b> <b>Happy Memorial Day</b>	28 Bootcamp w/ Quentin  Cardio Pump w/ Dixie  Spin w/ Quentin	29 Zumba w/ Jane  Cross Training w/ Steve  Spin w/ Emily	30 Spin w/ Emily  Yoga w/ Elizabeth	31 Cross Training w/ Steve  Core, Cardio & Muscle w/ Steve