



ESRA South Bldg. GX Schedule JUNE 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	3 Ropes w/ Abby	4 Bootcamp w/ Quentin	5 Zumba w/ Jane	6 Spin w/ Dixie	7 Crosstraining w/ Steve
12:30-1:15pm	Yoga w/ Abby	Cardio pump w/ Dixie	Body Tone w/ Dixie	Yoga w/ Elizabeth	Core, Cardio & Muscle w/ Steve
1:15-2:00pm		Spin w/ Quentin	Spin w/ Emily		
11:45-12:30pm	10 Kettlebells w/ Abby	11 Bootcamp w/ Quentin	12 Zumba w/ Jane	13 Spin w/ Dixie	14 Crosstraining w/ Steve
12:30-1:15pm	Yoga w/ Abby	Cardio pump w/ Dixie	Body Tone w/ Dixie	Yoga w/ Dixie	Core, Cardio & Muscle w/ Steve
1:15-2:00pm	Band Pilates w/ Abby (30 minutes)	Spin w/ Quentin	Spin w/ Emily		
11:45-12:30pm	17 HIIT w/ Abby	18 Bootcamp w/ Quentin	19 Zumba w/ Jane	20 Spin w/ Emily	21 Crosstraining w/ Steve
12:30-1:15pm	Yoga w/ Abby	Cardio pump w/ Dixie	Body Tone w/ Dixie	Yoga w/ Elizabeth	Core, Cardio & Muscle w/ Steve
1:15-2:00pm		Spin w/ Quentin	Spin w/ Emily		
11:45-12:30pm	24 Cardio Shred w/ Abby	25 Bootcamp w/ Quentin	26 NO CLASS	27 Spin w/ Emily	28 Crosstraining w/ Steve
12:30-1:15pm	Yoga w/ Abby	Cardio pump w/ Dixie	Body Tone w/ Dixie	Yoga w/ Elizabeth	Core, Cardio & Muscle w/ Steve
1:15-2:00pm	Band Pilates w/ Abby (30 minutes)	Spin w/ Quentin	Spin w/ Emily		