



ESRA South Bldg. GX Schedule AUG 2019

All 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 Yoga w/ Elizabeth	2 Crosstraining w/ Steve Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	5 Kettlebells w/ Abby Yoga w/ Abby Band Pilates w/ Abby (30 minutes)	6 Bootcamp w/ Quentin Crosstraining w/ Steve Spin w/ Quentin	7 Zumba w/ Jane Crosstraining w/ Steve NO CLASS	8 Spin w/ Dixie Yoga w/ Dixie	9 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	12 Kickboxing w/ Dixie Yoga w/ Dixie	13 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	14 Spin w/ Dixie Body Tone w/ Olivia NO CLASS	15 Spin w/ Dixie Yoga w/ Dixie	16 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	19 Ropes w/ Abby Yoga w/ Abby Band Pilates w/ Abby (30 minutes)	20 Spin w/ Dixie Cardio Pump w/ Dixie NO CLASS	21 Zumba w/ Jane Body Tone w/ Dixie Spin w/ Emily	22 Spin w/ Emily Yoga w/ Elizabeth	23 Crosstraining w/ Steve Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	26 CARDS w/ Abby Yoga w/ Abby	27 Bootcamp w/ Quentin Cardio Pump w/ Dixie Spin w/ Quentin	28 Zumba w/ Jane Body Tone w/ Dixie Spin w/ Emily	29 Spin w/ Emily Yoga w/ Elizabeth	30 Body Tone w/ Olivia Core, Cardio & Muscle w/ Steve