



# ESRA South Bldg. GX Schedule MARCH 2020

Classes are subject to change via email. Please contact the front desk for questions or updates at 202-720-8995

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	<b>2</b> 30/10 Train w/ Abby  Yoga w/ Abby	<b>3</b> Bootcamp w/ Quentin  <b>NO CLASS</b>  Spin w/ Quentin	<b>4</b> Zumba w/ Jane  Yoga w/ Amar  Spin w/ Members*	<b>5</b> Bodypump w/ Amy  Yoga w/ Elizabeth	<b>6</b> N/A  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	<b>9</b> Kettlebells w/ Abby  Yoga w/ Abby	<b>10</b> Bootcamp w/ Quentin  Pilates w/ Dawn  Spin w/ Quentin	<b>11</b> Zumba w/ Jane  Body Tone w/ Dixie  Spin w/ Members*	<b>12</b> Spin w/ Dixie  Yoga w/ Elizabeth	<b>13</b> N/A  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	<b>16</b> 30/10 Train w/ Abby  Yoga w/ Abby	<b>17</b> Bootcamp w/ Quentin  Barre w/ Dawn  Spin w/ Quentin	<b>18</b> Zumba w/ Jane  Body Tone w/ Dixie  Spin w/ Members*	<b>19</b> Spin w/ Dixie  Yoga w/ Elizabeth	<b>20</b> N/A  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	<b>23</b> HIIT w/ Abby  Yoga w/ Abby	<b>24</b> Bootcamp w/ Quentin  Pilates w/ Dawn  Spin w/ Quentin	<b>25</b> Zumba w/ Jane  Body Tone w/ Dixie  Spin w/ Members*	<b>26</b> Spin w/ Dixie  Yoga w/ Elizabeth	<b>27</b> N/A  Core, Cardio & Muscle w/ Steve
11:45-12:30pm 12:30-1:15pm 1:15-2:00pm	<b>30</b> Ropes w/ Abby  Yoga w/ Abby	<b>31</b> Bootcamp w/ Quentin  Barre w/ Dawn  Spin w/ Quentin			