

GROUP EXERCISE CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30 AM - 7:30 AM Spinning Kathy (Spin)	6:30 AM - 7:30 AM Athletic Conditioning Matt (SI)		6:30 AM - 7:30 AM Amp it Up Gina (SI)	6:30 AM - 7:30 AM Spinning Kathy (Spin)		
		6:45 AM - 7:45 AM Yoga Blandine (SII)	6:30 AM - 7:30 AM Spinning Kathy (Spin)	6:45 AM - 7:45 AM Yoga Blandine (SII)			
			7:00 AM - 8:00 AM Aqua Andre (Pool)		7:00 AM - 8:00 AM Aqua Andre (Pool)		9:00 AM - 10:30 AM Cardio Sculpt Brita (SI)
	11:00 AM - 12:00 PM Pilates Stretch Vivian (SII)	11:00 AM - 12:15 PM Yoga Ronnie (SII)	11:00 AM - 12:00 PM Sculpt Brita (SII)	11:00 AM - 12:00 PM Pilates Stretch Vivian (SII)		10:15 AM - 11:30 AM Cardio Sculpt Ronnie (SI)	10:30-11:30 AM Crunch & Brunch Gina(SI)
						10:15 AM - 11:15 AM Aqua Eileen (Pool)	
	12:00 PM - 1:00 PM Athletic Conditioning Emmanuella (SI)	12:15 PM - 1:00 PM Spinning Kathy (Spin)	12:00 PM - 1:00 PM Pump It Up Lorenita (SI)	12:15 - 1:00 PM Spinning Kara (Spin)	Sculpting 12:00 PM - 1:00 PM Kara (SI)	11:30 AM - 12:45 PM Yoga Foundations Ronnie (SII)	
		12:30-1:30PM Cardio Sculpt Ronnie (SI)		12:00 PM - 1:00 PM Athletic Conditioning Emmanuella (S1)			
	6:00 PM - 6:30 PM Core Fusion Kara (SII)		6:00 PM - 7:00 PM Cardio Sculpt Brita (SI)		6:00 PM - 7:15 PM Yoga Paul (SII)		
	6:30 PM - 7:15 PM Spinning Kara (Spin)	6:30 PM - 7:30 PM Pump it Up Tom (SI)	6:30 PM - 7:15 PM Spinning Megan (Spin)	6:00 PM - 7:00 PM Athletic Conditioning Matt (SI)			
	6:30 PM - 7:30PM Boxing Blast Ambrose (SII)	6:30 PM - 7:30PM Wanda Woman Dance Wanda (SII)	7:00 PM - 8:00 PM ZUMBA Abigail (SII)	6:30 PM - 7:30PM Thai Chi Tiacoh (SII)	THE HEALTH CLUB AT THE <i>Fairmont</i> 2401 M. St. N.W. Washington, D.C. 20037 Tele: 202.457.5070 Fax: 202.457.5010		
			NEW CLASS	POOL	Spin Studio (Spin)	Studio I (SI)	Studio II (SII)

Club Hours
Monday-Thursday
 5:30am-10:00pm
Friday
 5:30am-9:00pm
Saturday & Sunday
 7:00am-9:00pm

Winter

www.healthclubfairmont.com