

# GROUP EXERCISE CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30 AM - 7:30 AM Spinning Kathy (Spin)	6:30 AM - 7:15 AM Amp It Up Arnold (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 - 10:15 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 Stretch & Tone Brita (SII)	11:00 AM - 12:00 PM Pilates Stretch Vivian (SII)		10:15 AM - 11:30 AM Cardio Sculpt Ronnie (SI)	
						10:00 AM - 11:00 AM Aqua Eileen (Pool)	
	12:00 PM - 1:00 PM Athletic Conditioning Rich (SI)	12:15 PM - 1:00 PM Spinning Kathy (Spin)	12:00 PM - 1:00 PM Pump It Up Lorenita (SI)	12:15 AM - 1:00 PM Spinning Kara (Spin)		11:30 AM - 12:45 PM Yoga Foundations Ronnie (SII)	
		12:30-1:30PM Cardio Sculpt Ronnie (SI)					
			5:45 PM - 6:45 PM Cardio Kickboxing Kethia (SII)	5:30 PM - 6:30 PM Hi-Low Kethia (SI)			
	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)		
<b>Club Hours</b> Monday-Friday 5:30am-10:00pm	6:30 PM - 7:15 PM Spinning Kara (Spin)	6:30 PM - 7:30 PM Pump It Up Arnold (SI)	6:30 PM - 7:15 PM Spinning Megan (Spin)	6:30 PM - 7:30 PM Pump It Up Arnold (SI)			
<b>Saturday &amp; Sunday</b> 7:00am-9:00pm	6:30 PM - 7:30PM Boxing Blast Ambrose (SII)	6:30 PM - 7:30PM Wanda Woman Dance Wanda (SII)		6:30 PM - 7:30PM Tia Chi Tiacoh (SII)	<p>THE <i>Fairmont</i> WASHINGTON, D.C.</p> <p>2401 M. St. N.W. Washington, D.C. 20037 Tele: 202.457.5070 Fax: 202.457.5010</p>		
		6:45 PM - 7:30 PM ZUMBA Agigail (SII)					
				Pool	Spin Studio (Spin)	Studio I (SI)	Studio II (SII)

Feb - March

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