RESULTS FITNESS

November

Alexandria, VA

STUDIO I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30AM	Functional Strength Christy		Functional Strength Christy					
6:00AM		BODYPUMP Christy		BODYPUMP Christy				
8:30AM	360 Chrissie					8:00AM	LesMills BODYBALANCE Nekea	
9:00AM				BODYPUMP Nikita		9:10AM	BODYCOMBAT Donna/Leslie	BODYPUMP Vicky
9:30AM		BODYPUMP Jen	360 Mary					
9:45AM					Les Mills CORE Jen			
10:30AM	Les Mills CORE Jen			360 *10:15 Jen	Strong & Steady Judy J	10:15AM	BODYPUMP Jen	
10:45AM			Les Mills PILATES Jen			11:30AM	BODYSTEP Ashley	
11:00AM		Strong & Steady Kathy						
11:30AM	ZUMBA gold Jean			Strong & Steady *11:35 Ali		12:30PM		ZUMBA Krishna
11:45AM			Strong & Steady Jen					
12:00PM					ZUMBA Luisa			
4:30PM				Les Mills PILATES 11/5 & 19 Jen				
5:30PM	BODYSTEP Ashley	BODYPUMP *5:45 Ashley		BODYPUMP Catherine				
6:00PM			BODYPUMP Vicky		ZUMBA Mashari			
6:45PM	ZUMBA *6:35 Brandi			ZUMBA Teryck				
7:15PM			ZUMBA Gelasia					

STUDIO II

6:00AM	YOGA Tatiana	LES MILLS PILATES Nekea	LesMills BODYBALANCE Nekea	LES MILLS PILATES Nekea	YOGA Tatiana			
9:00AM	Sculpt Flow Deborah	Pilates Flow Mary		MAT PILATES Renee	MAT PILATES Renee	9:00AM		CORE YOGA Judy C
9:30AM			FusionFLOW Deborah			9:15AM	Vinyasa Flow Jenny	
10:30AM	Vinyasa Flow Cameron	LesMills BODYBALANCE *10:15 Mary		Vinyasa Flow Joanna	Vinyasa Flow 10:15 Deborah	10:00AM		Vinyasa Flow Judy C
11:00AM			ZUMBA Jean			11:30AM	ZUMBA Teryck	
11:30AM		GENTLE YOGA Judy J						
5:30PM	Les Mills PILATES Catherine	LES MILLS HATHA Catherine		LesMills BODYBALANCE *5:35 Mary				
6:30PM			STEP *6:35 Barry					
6:45PM		BODYCOMBAT Donna/Leslie						
7:00PM	LesMills BODYBALANCE Lynne			YOGA Judy C				

AQUA - Classes 60 Minute Block

8:00AM								
9:00AM		AquaCombat Carla		AquaFit Carla	AquaHIIT Carla	9:00AM		Aqua Tabata Leslie
9:30AM	AQUA ZUMBA Luisa		AquaFit Lisa					
10:30AM								
5:30PM					AquaHIIT Leslie			
6:30PM	AquaFit Marlys/Mashari	AquaDEEP Marlys		Aqua Tabata Marlys				

CYCLE

5:00AM		Sprint *5:15 Kim		Cycle Kim				
8:30AM			Cycle *45min Melanie					
9:15AM				Cycle Chrissie		9:30AM	Cycle Carly	
9:45AM	Sprint Mary							
10:30AM					Sprint Jen	10:00AM		HIIT 30 Cycle Leslie
5:00PM	HIIT 30 Cycle Carly							
5:30PM		Cycle Marlys	Sprint Mary					

CLASS ETIQUETTE

- Please consult your health care provider prior to engaging in any form of physical activity.
- Please be on time for classes. Do not enter if more than 10 minutes late.
- As a courtesy, please turn off all cell phones prior to the start of class.
- Follow the Instructor's routine.
- Please return equipment to its proper place.
- Please hydrate before, during and after class.
- Results Fitness reserves the right to cancel/substitute classes and/or instructors as needed.

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RESULTS FITNESS A Better Way of Life.