

March Class Schedule - Open House on Saturday, April 25th!

GROUP EXERCISE CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 7am		5:45-6:45am BodyBackFit4Mom Brooke		5:45 -6:45 am BodyBackFit4Mom Brooke			
7am-8am	8:30-10am Workout Parents		8:30-10am Workout Parents		8:30-10am Workout Parents	7am-8am BodyBackFit4Mom Brooke	
9am -10am		9-10am Yoga Camille GR					
10am-11am	Complementary Class		Complementary Class		Complementary Class	10am -12pm Pick up Basketball MPC	
11am-12pm	10:30-11:30 Stretch and Core Psy MPC		10:30-11:30 Stretch and Core Psy MPC		10:30-11:30 Women in Weights Psy MPC		
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm	Workout Parents	3:30-5pm Pick up Basketball MPC	Workout Parents	3:30-5pm Pick up Basketball MPC			
4pm-5pm							
5pm-6pm		Complementary Class		Complementary Class			
6pm-7pm		6:30-7:30pm Beginner Boot Camp Psy MPC	6:00-7:00 Zumba Tea MPC	6:30-7:30pm Beginner Boot Camp Psy MPC			
7pm-8pm		8 -9:30pm Pick up Basketball MPC	7:30-8:30pm Yin Yoga Kittie GR	7:30 -8:30PM All Levels Yoga Kittie GR	8 -9:30pm Pick up Basketball MPC		

Club Hours

Monday - Friday
4:45am-11pm
Saturday & Sunday
7am-8pm

Class Color Codes

Current Program

Current Class

New Class

Location Code

Multipurpose Court - MPC
Great Room- GR

Phone Number:
703-567-8555

Contact us at cameronclubfitness@gmail.com

2015

Cameron Club Class Schedule