

April

2015

GROUP EXERCISE CLASS SCHEDULE

Club Hours
 Monday - Friday
 4:45am-11pm
 Saturday & Sunday
 7am-8pm
Class Color Codes
 Open Basketball
 Current Program
 Current Class
 New Class

Location Code
 Multipurpose Court - MPC
 Great Room- GR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 7am							
7am-8am							
8:30 - 10:00am	Workout Parents		8:30 - 10:00 Workout Parents		8:30 - 10:00am Workout Parents		
9am -10am		9-10am Yoga Shannon Harkey					
10am-11am	Complementary Class		Complementary Class		Complementary Class	10am -12pm Pick up Basketball MPC	
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		
11am-12pm							
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							
6pm-7pm		Complementary Class		Complementary Class			
6:00 - 7:00pm	6:00 - 7:00pm Yoga for Athletes Thierry Chiapello	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	6:00 - 7:00 Pick up Basketball MPC		
7pm-8pm		8:00-9:30 Pick up Basketball MPC	7:30 - 8:30 Power Yoga Kathryn	7:30 -8:30PM All Levels Yoga Thierry Chiapello	7:00 - 8:00 Salsa New York style Psy		

Contact us at cameronclubfitness@gmail.com

Phone Number:
703-567-8555

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Cameron Club Class Schedule