

# GROUP EXERCISE SCHEDULE

Schedule Effective: **April 1, 2024**

**All Live/Zoom unless otherwise noted**



See website and newsletter for special workshops & retreats.

M	T	W	TH	F	S	SU
<p><b>9:00 - 9:45 AM</b> Core Strength + Mobility Monica</p> <p><b>9:30 - 10:15 AM</b> Barre ▲ Andrea</p> <p><b>9:30 - 10:30 AM</b> Mat Pilates <b>Zoom Only</b> Susan</p> <p><b>9:50 - 10:35 AM</b> Power Dance Jose</p> <p><b>10:45 - 11:30 AM</b> Foam Rolling <b>Zoom Only</b> Susan</p> <p><b>4:30 - 5:15 PM</b> BSAF <b>Zoom Only</b> MaryDuke</p> <p><b>6:00-6:45PM</b> Strength Circuit Gina</p> <p><b>6:00-6:45PM</b> Restorative Yoga <b>Zoom Only</b> Susan</p>	<p><b>8:30 - 9:15 AM</b> Cardio Sculpt <b>In-Person ONLY</b> Nicole</p> <p><b>9:30 - 10:15 AM</b> Strictly Strength <b>In-Person ONLY</b> Nicole</p> <p><b>10:30 - 11:15 AM</b> Mat Pilates ▲ Andrea</p> <p><b>4:30 - 5:15 PM</b> BSAF <b>Zoom Only</b> MaryDuke</p> <p><b>6:15 - 7:30 PM</b> Candlelight Vinyasa Yoga* ▲ Nooshen <b>In-Person ONLY</b> *Last Tuesday of every month: <b>Yoga Nidra!</b></p>	<p><b>7:00 - 7:45 AM</b> Mat Pilates ▲ Andrea</p> <p><b>8:15 - 9:30 AM</b> Yoga <b>Zoom Only</b> Julie</p> <p><b>10:30 - 11:15 AM</b> Foam Rolling ▲ Kevin</p> <p><b>4:30 - 5:15 PM</b> BSAF <b>Zoom Only</b> Susan</p> <p><b>6:15 - 7:15 PM</b> Body Balance ▲ Lori</p>	<p><b>8:15 - 9:00 AM</b> Rise &amp; ShineYoga <b>Zoom Only</b> Susan</p> <p><b>8:30 - 9:15 AM</b> Burn Factor <b>In-Person ONLY</b> Nicole</p> <p><b>9:30 - 10:15 AM</b> Strictly Strength <b>In-Person ONLY</b> Nicole</p> <p><b>10:00 - 10:45 AM</b> Mat Pilates ▲ Andrea</p> <p><b>4:30 - 5:15 PM</b> BSAF <b>Zoom Only</b> MaryDuke</p>	<p>SOFTWAVE Therapy &amp; Chiropractic <b>Dr. Gail Merhi</b> <b>8:00 AM - 2:00 PM</b> Every <u>OTHER</u> Friday 📞</p> <p><b>9:00 - 9:45 AM</b> Barre ▲ Andrea</p> <p><b>10:00 - 11:00 AM</b> International Dance Jose</p> <p><b>10:15 - 11:00 AM</b> Foam Rolling ▲ <b>In-Person ONLY</b> Kevin</p> <p><b>10:30 - 11:30 AM</b> Body Balance <b>Zoom Only</b> Lori</p> <p><b>4:30 - 5:15 PM</b> BSAF <b>Zoom Only</b> MaryDuke</p>	<p>SOFTWAVE Therapy &amp; Chiropractic <b>Dr. Gail Merhi</b> <b>9:00 AM - 1:00 PM</b> Every <u>OTHER</u> Saturday 📞</p> <p><b>9:30 - 10:15 AM</b> Cardio Kickbox <b>In-Person ONLY</b> Nicole</p> <p><b>9:30 - 10:30 AM</b> Mat Pilates ▲ Susan</p> <p><b>10:45 - 11:45 AM</b> Body Balance ▲ Janet</p> <p><b>11:00 - 12:00 PM</b> Tai Chi Melissa</p>	<p><b>9:30 - 10:20 AM</b> Zumba Allison</p> <p><b>10:30 - 11:45 AM</b> Vinyasa Yoga ▲ Nooshen <b>In-Person ONLY</b></p>

LEVEL • 301.229.0080 • 7687 MACARTHUR BLVD., CABIN JOHN, MD

▲ These classes are held in the **UPSTAIRS** studio  
📞 Book ahead with the Front Desk (Walk-ins welcome)

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