

# Berkshire Nautilus

## Aerobic /Exercise Class Schedule

42 Summer St., Pittsfield MA 499-1217

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
5:00 AM	Serious Cycle		Serious Cycle	Serious Cycle	Serious Cycle	▶ W E E K E N D ▶	8:00	8:00	
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle	Cardio Weights	Serious Cycle		Yoga	Yoga	Sculpt
	10/16-Core de Force	Cardio Weights			Yoga		Serious Cycle	Serious Cycle	
8:30AM	Yoga	Basic Weights	Pilates	30 Cardio/30 Wts	Zumba		9:00-Serious Cycle	9:00	9:00
					8:15-Sculpt			Hiit/Sculpt	Yoga
9:30 AM	Cardio Weights	9:00 MIT		Zumba	9:00-Serious Cycle		Yoga 75	10:00	10:00-S. Cycle
	Serious Cycle				Kick/LeanBarre				
12:00 PM	Serious Cycle	Serious Cycle	Yoga	Serious Cycle	Boot Camp		11:00	Zumba Toning	
	Boot Camp		MIT						
4:30 PM	Sculpt	Boot Camp	Sculpt	4:45 Yoga	Serious Cycle				
				4:30 MIT					
5:30 PM	Zumba	Yoga	5:00 S.Cycle	Serious Cycle					
			Zumba	5:45-6:45					
6:30 PM	Serious Cycle	Pilates		Core de Force					