

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	Boot Camp	▶ W E E K E N D ▶	8:00	8:00
			5:30-Boot Camp					
6:00 AM	5:45 HIIT	Serious Cycle	Serious Cycle	Cardio Weights	Serious Cycle		Yoga	Yoga
	Serious Cycle	Cardio Weights					Serious Cycle	Serious Cycle
8:30AM	Yoga	Basic Weights	Pilates	Cardio	Strong*		9:00	9:00
					Cardio Sculpt		Boot Camp	Sculpt
9:30 AM	Cardio Weights	9:00 MIT	Boot Camp	Stretch	Serious Cycle		10:00	10:00-Strong
	Serious Cycle				Yoga 75		Strong	
12:00 PM	Serious Cycle	Serious Cycle	Yoga	Serious Cycle	Boot Camp		11:00	10:00 S.Cycle
	Boot Camp		MIT				Zumba Toning	
4:30 PM	Sculpt	Boot Camp	Sculpt	S.Cycle	Serious Cycle	12:00 Yoga Play		
			5:00 S.Cycle	MIT			Strong*	
5:30 PM	Zumba	Yoga	Total Body Work	4:45 Yoga	Boot Camp			
				5:45-6:45				
6:30 PM		Pilates		Core de Force				