

Berkshire Nautilus

Aerobic /Exercise Class Schedule

8-Jun

42 Summer St., Pittsfield MA 499-1217

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