

Berkshire Nautilus

Aerobic /Exercise Class Schedule

30-Nov

42 Summer St., Pittsfield MA 499-1217

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00 AM	5:15-Boot Camp	Serious Cycle	5:15-Boot Camp	Serious Cycle	5:15-Boot Camp	▶ W E E K E N D ▶	8:00	8:00
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle	Serious Cycle	Serious Cycle		8:00-Yoga	8:00-S. Cycle
		Cardio Weights		Sculpt			8:00-S. Cycle	
8:30AM	Yoga	Basic Weights	Pilates	Stretch/Strength	Cardio Sculpt		9:00-Boot Camp	8:00 -Strong+Wts
9:30 AM	Cardio Weights	Yoga	Boot Camp	Boot Camp 101	Yoga		11:00- ZumbaToning	9:00-Yoga
		MIT			Serious Cycle			
12:00 PM	Boot Camp	Serious Cycle	Yoga	Serious Cycle	Yoga			10:00-S.Cycle
	Serious Cycle		MIT		Boot Camp			
4:30 PM	Sculpt	Boot Camp	Sculpt	MIT	Strong			
		4:30 S.Cycle			Serious Cycle			
5:30 PM	Zumba	Yoga	5:00 S.Cycle	Yoga				
	Serious Cycle		Zumba					
6:30 PM		Pilates						