BN Studio

Class Schedule

Feb-19

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		8:00	8:00
6:00 AM	Serious Cycle	Serious Cycle Cardio Weights	Serious Cycle	Sculpt	Serious Cycle		8:00-Yoga 8:00-S. Cycle	8:00-S. Cycle
8:30AM	Yoga	Basic Weights	Pilates	Stretch/Strength	Cardio Sculpt	▶ WEEKEND ▶	9:00-Boot Camp	8:00 -Strong+Wts
9:30 AM	Cardio Weights	MIT	Boot Camp	Boot Camp 101	Yoga Serious Cycle		11:00-ZumbaToning	9:00-Yoga
12:00 PM	Boot Camp Serious Cycle	Serious Cycle	Yoga MIT	Serious Cycle	Yoga Boot Camp			10:00-S.Cycle
4:30 PM	Sculpt	Boot Camp	Sculpt	MIT	Strong Serious Cycle			
5:30 PM	Zumba Serious Cycle	Yoga Serious Cycle	5:00 S.Cycle Zumba	Yoga				
6:30 PM		Pilates						