

Nautilus Studio

Class Schedule

August

42 Summer St., Pittsfield MA 499-1217

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