

# Nautilus Studio

## Class Schedule

AS OF 9/9

42 Summer St., Pittsfield MA 499-1217

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