

# Nautilus Studio

## Class Schedule

Jan-20

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 5:15-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		S. Cycle	Strong+Wts Serious Cycle
8:30AM	Yoga	Basic Weights	Pilates	Stretch/Strength	Basic Weights		8:30-9:45-Yoga	9:00 -Yoga
9:30 AM	Cardio Weights	MIT	Boot Camp	Boot Camp	Yoga Boot Camp		10:00 Boot Camp	10:00 S.Cycle
12:00 PM	Boot Camp	Serious Cycle	Yoga	Serious Cycle	Yoga		11:00 ZumbaTone	
	Serious Cycle		MIT		Serious Cycle			
4:30 PM	Sculpt	Boot Camp	Sculpt	MIT	Strong			
					Serious Cycle			
5:30 PM	Zumba	Yoga	5:00 S. Cycle	Yoga				
	Serious Cycle	Serious Cycle						
6:30 PM		Pilates		Pilates				