

Berkshire Nautilus

Class Schedule

Sept.2020

42 Summer St., Pittsfield MA 499-1217

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00 AM		Boot Camp	Boot Camp	Boot Camp		▶ W E E K E N D ▶		
6:00 AM	Serious Cycle		Serious Cycle		Serious Cycle		8:00 S. Cycle	8:00 S. Cycle
8:30 AM	Yoga	Basic Weights	Pilates					
9:30 AM			Boot Camp	MIT	Yoga			
12:00 PM		Serious Cycle		Serious Cycle				

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