Berkshire Nautilus

Class Schedule

January

42 Summer St., Pittsfield MA 499-1217

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:00 AM	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp			
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle		Serious Cycle		8:00 S. Cycle	8:00 S. Cycle
8:00 AM	Yoga				Basic Weights	▶ W E E K E N D ▶		
8:30 AM		Basic Weights	Pilates					
9:30 AM				9:15-MIT	9:30-Yoga			
12:00PM		Serious Cycle		Serious Cycle				