Nautilus Studio

Class Schedule

June

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		8:00	8:00
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle		Serious Cycle			8:00 S.Cycle
8:00 AM	Yoga				Basic Weights	▶ W E E K E N D ▶		
8:30 AM		Basic Weights	Pilates	Yoga				
9:30AM				9:15 MIT	Yoga			
12:00 PM		Serious Cycle		Serious Cycle				