

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	▶ W E E K E N D ▶		
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle		Serious Cycle		8:30 S. Cycle	8:00 S. Cycle
8:00 AM								
8:30 AM	Yoga	Basic Weights	Pilates	9:15-MIT	Basic Weights			
9:30 AM				Yoga	Yoga			
12:00PM		Bike & Breathe		S. Cycle				
4:30 PM	Stretch		Boot Camp	S. Cycle	Stretch			
5:30 PM		S. Cycle						