

# Berkshire Nautilus

## Class Schedule

May

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			8:00 S. Cycle
8:30 AM	Yoga	Basic Weights	Pilates		Basic Weights			8:30 S. Cycle
9:30 AM				9:15 MIT	Yoga			
				9:30 Yoga				
12:00 PM								
4:30PM	Stretch			Serious Cycle	Stretch			
5:00 PM		Serious Cycle						
5:30 PM								