

Nautilus Studio

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 ►		8:00
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle		Serious Cycle			8:00 S.Cycle
8:00 AM	8:30-Yoga	Basic Weights	Pilates		Basic Weights			
9:15 AM				MIT				
9:30 AM				Yoga	Yoga			
4:30 PM				Serious Cycle				
5:00 PM		Serious Cycle	Serious Cycle					
6:30 PM								