

Nautilus Studio

Class Schedule

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			8AM Serious Cycle
8:30 AM	Yoga	8:00 Basic Weights	8:00 Pilates		8:00 Basic Weights			11AM Serious Cycle
9:30 AM	Glutes in gear	Yoga	Yoga	9:15 MIT	Yoga			
				9:30 Yoga				
10:30 AM		10:30 Mad med ball	Noon Serious cycle	Mobility	Yoga			
5:00 PM		Serious Cycle		Serious Cycle				
6:00:PM		Zumba						
6:30 PM	Boxing		Boxing		Boxing			