

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	▶ W E E K E N D ▶		
6:00 AM	Serious Cycle	Serious Cycle	Serious Cycle	Serious Cycle	Serious Cycle			8:00am Serious Cycle
8:30 AM	Yoga	8:00 Basic Weights	8:00 Pilates		8:00 Basic Weights		11AM Serious Cycle	
9:300 AM		Yoga	Yoga	9:15 MIT	Yoga			
				9:30 Yoga				
10:30 AM	Noon Serious Cycle		Noon Serious cycle					
5:00 PM								
6:00:PM		Zumba						
6:30 PM	Boxing		Boxing		Boxing			