

# WAC GROUP CLASS SCHEDULE\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12–1 pm Core Cycle with Alice (Studio C)	7–7:45 am Max Cycle with Michelle (Studio C)	10–10:45 am Get Fit with Jon (Studio C)	7–7:45 am Max Cycle with Michelle (Studio C)
6–7 pm Power Yoga with Carol (Studio B)	5–5:45 pm Blitz 45 with George (Studio C)	12–1 pm Core Cycle with Alice (Studio C)	5–5:45 pm Blitz 45 with Linda (Studio C)
6–6:45 pm Blitz 45 with George (Studio C)	6–7 pm Core Cycle with Alice (Studio C)	1:30–2:30 pm ReBoot with Linda (Studio C)	6–7 pm Core Cycle with Alice (Studio C)
		6–7 pm Power Yoga with Caroline (Studio B)	
FRIDAY	SATURDAY	SUNDAY	
No classes	7–8 am Max Cycle with Michelle (Studio C)	No classes	
	10:30–11:30 am Power Yoga with Caroline (Studio C)		

## 4TH FLOOR STUDIOS

\* Reservations required via Mindbody. Visit [wac.net/mindbody](http://wac.net/mindbody) or search “Washington Athletic Club” on the Mindbody app.

Please also see [wac.net/online-fitness](http://wac.net/online-fitness) for virtual class schedule.