



October

West Ashley Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30a - 10:30a REDZONE -Lauren-	6:00a - 7:00a 3-2-1 FIT -Lauren-	8:30a - 9:30a BARRE -Roxanne-	6:00a - 7:00a CYCLE 20/20/20 -Lauren-	9:00a - 10:00a REZONE -Angie-	8:30a - 9:30a YOGA -Joe-
	9:00a - 10:00a BARRE -Roxanne-	9:30a - 10:30a 3-2-1 FIT -Tiffany-	9:00a - 10:00a YOGA -Kaitlin-		9:00a-10:00a REDZONE -Tiffany-
5:30p - 6:30p DANCE JAM -Lauren-	5:00p-6:00p BARRE -Kelly-	5:30p - 6:30p REDZONE -Tiffany-	5:00p-6:00p BARRE -Kelly-		
	5:30p-6:15p CYCLE -Tiffany-		5:00p - 5:30p CORE CUTS 30 -Lauren-		
			5:30p - 6:15p Cycle 45 -Lauren-		