



January 2021

West Ashley Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00a - 10:00a REDZONE	6:00a - 7:00a REDZONE	8:30a - 9:30a BARRE	6:00a - 7:00a REDZONE	9:00a - 10:00a REDZONE	8:30a - 9:30a YOGA
8:30a - 9:30a YOGA	8:30a - 9:00a CYCLE (30 min)	9:00a - 10:00a REDZONE	8:30a - 9:30a STRENGTH		9:30a-10:30a REDZONE
5:30p - 6:30p DANCE JAM	9:00a - 10:00a BARRE	9:30a - 10:30a ZUMBA	9:00a - 10:00a YOGA		
5:30p - 6:30p REDZONE	9:00a - 10:00a DEFINITIONS	5:30p - 6:30p REDZONE	5:00p-6:00p BARRE		
	5:00p-6:00p BARRE	5:30p - 6:30p DANCE JAM	5:00p - 5:30p 20/20/20		
	5:30p - 6:30p CYCLE		6:00p - 7:00p YOGA		
	6:00p - 7:00p YOGA				



January 2021

Summerville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00a - 6:00a FORGE -Jason-	5:00a - 6:00a FORGE -Jason-	5:00a - 6:00a FORGE -Jason-	5:00a - 6:00a FORGE -Jason-	5:00a - 6:00a FORGE -Jason-	7:15a - 8:15a CYCLE -Mark-	8:00a - 9:00a CYCLE -Rena-
5:30a - 6:30a CYCLE -Rena-	6:30a-7:30a REDZONE -Yancey-	9:00a - 10:00a BODYPUMP -Laura-	5:30a - 6:30a CYCLE -Rena-	8:30a - 9:30a CYCLE -Donna-	8:00a - 9:00a FORGE -Jason-	8:30a - 9:30a DANCE JAM -Karissa-
9:00a - 10:00a BODYPUMP -Laura-	10:30a - 11:30a ZUMBA -Kirk-	9:30a - 10:30a REDZONE -Yancey-	6:30a-7:30a REDZONE -Yancey-	9:30a - 10:30a BARRE -Tanya-	8:30a - 9:30a BODYPUMP -Rena-	
9:30a - 10:30a REDZONE -Yancey-	5:00p - 6:00p STEP -Laura-	11:00a - 12:00p YOGA -Korin-	9:00a - 10:00a STEP -Laura-	5:30p - 6:30p FORGE -Jason-	9:15a - 10:15a REDZONE -Yancey-	
10:30a - 11:30a YOGA -Tanya-	5:30p - 6:30p CYCLE -Rena-	5:30p - 6:30p TABATA/CORE -Rena-	5:15p - 6:15p BODYPUMP -Rena-		9:30a - 10:30a DANCE JAM -Chris-	
5:30p - 6:30p FORGE -Jason-	5:30p - 6:30p FORGE -Jason-	5:30p - 6:30p REDZONE -Yancey-	5:30p - 6:30p FORGE -Jason-			
5:30p - 6:30p REDZONE -Yancey-	6:00p-7:00p BODYPUMP -Liz-	6:00p - 7:00p CYCLE -Mark-	6:30p - 7:30p DANCE JAM -Karissa-			
6:00p - 7:00p BARRE -Tanya-						
6:00p - 7:00p DANCE JAM -Chris-						



January 2021
Hanahan Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30a - 9:30a YOGA -Monica-		8:30a - 9:30a YOGA -Monica-		



January 2021

Mount Pleasant Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a - 7:00a REDZONE	6:00a - 7:00a CYCLE	6:00a - 7:00a REDZONE	6:00a - 7:00a CYCLE	6:00a - 7:00a REDZONE	8:30a - 9:30a CYCLE	10:00a - 11:00a POWER YOGA
8:30a - 9:30a CYCLE	7:00a - 8:00a REDZONE	8:30a - 9:30a CARDIO STRENGTH	7:00a - 8:00a REDZONE	8:30a - 9:30a CYCLE	8:30a - 9:30a RED ZONE	
8:30a - 9:30a CARDIO STRENGTH	8:30a - 9:30a FORGE	9:00a - 10:00a FORGE	8:30a - 9:30a FORGE	8:30a - 9:30a CARDIO STRENGTH	9:45a - 10:45a DEFINITIONS	
9:00a - 10:00a FORGE	9:30a - 10:30a BARRE	9:30a - 10:30a DIESEL	9:00a - 10:00a WARRIOR FLOW	9:00a - 10:00a FORGE	10:00a - 11:00a WERQ	
9:30a - 10:30a DIESEL	5:30p - 6:30p WERQ	9:30a - 10:15a DEEP STRETCH	9:30a - 10:30a BARRE	12:00p - 1:00p YOGA		
9:30a - 10:15a DEEP STRETCH		5:30p - 6:30p CYCLE	5:30p - 6:30p YOGA			
5:30p - 6:30p REDZONE		5:30a - 6:30p REDZONE	6:00p - 7:00p CARDIO KICKBOXING			
6:00p - 7:00p BARRE						



January 2021

Park West Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a - 6:30a CYCLE	6:00a - 7:00a REDZONE	5:30a - 6:30a CYCLE	6:00a - 7:00a REDZONE	8:00a - 9:00a BODYFLOW	7:30a - 8:30a REDZONE
8:00a - 9:00a BODYPUMP	8:00a - 9:00a CYCLE	8:00a - 9:00a BODYFLOW	8:00a - 9:00a CYCLE	9:30a - 10:30a BODYPUMP	8:00a - 9:00a BODYPUMP
8:30a - 9:30a BARRE	8:00a - 9:00a YOGA	8:30a - 9:30a BARRE	8:00a - 9:00a YOGA		8:30a - 9:15a BARRE
9:00a - 10:00a REDZONE	9:30a - 10:30a BODYCOMBAT	9:00a - 10:00a REDZONE	9:30a - 10:30a BODYPUMP		9:30 - 10:15a YOGA/DEEP STRETCH
9:30a - 10:30a BODYSTEP	4:30p - 5:15p CYCLE	9:30a - 10:30a BODYSTEP	5:30p - 6:30p WERQ		9:30a - 10:30a BODYSTEP
4:30p - 5:30p BODYPUMP	5:30p - 6:30p BODYCOMBAT	4:30p - 5:30p BARRE	6:00p - 7:00p YOGA		
5:30p - 6:30p CYCLE	5:30p - 6:30p BARRE	5:30p - 6:30p CYCLE			
5:30p - 6:30p STRENGTH		5:30p - 6:30p BODYPUMP			
6:00p - 7:00p REDZONE		6:00p - 7:00p REDZONE			



January 2021
Downtown Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REDZONE 5:00p - 6:00p	REDZONE 6:00a - 7:00a	REDZONE 5:00p - 6:00p	REDZONE 6:00a - 7:00a		REDZONE 9:00a - 10:00a