



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						