



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-						