



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				