



March 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 DEFINITIONS		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	5:00p-6:00p BARRE	5:30p - 6:30p REDZONE	5:00p-6:00p BARRE		
	5:30p - 6:30p CYCLE	5:30p - 6:30p DANCE JAM	5:00p - 5:30p 20/20/20		
	6:00p - 7:00p YOGA		6:00p - 7:00p YOGA		



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



March 2021

Hanahan Group Fitness Schedule

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



March 2021

Downtown Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a - 9:00a REDZONE	6:00a - 7:00a REDZONE	5:00p - 6:00p REDZONE	6:00a - 7:00a REDZONE		9:00a - 10:00a REDZONE
5:00p - 6:00p REDZONE	9:15a - 10:15 WARRIOR FLOW	9:15a - 10:15 WARRIOR FLOW			
	10:15a - 11:00a DEEP STRETCH YOGA	10:15a - 11:00a DEEP STRETCH YOGA			



March 2021

Knightsville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a - 10:00a ZUMBA -Kirk-		9:00a - 10:00a WERQ -Chamere-		9:30a - 10:30a WERQ -Chamere-
		5:30p - 6:30p YOGA -Jessica-	5:30p - 6:30p HIIT -Donna-		



March 2021

Park West Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a - 6:30a CYCLE	5:30a - 6:30a 3-2-1 FIT	5:30a - 6:30a CYCLE	5:30a - 6:30a 3-2-1 FIT	5:30a - 6:30a CYCLE	7:00a - 8:00a CYCLE	9:00a - 10:00am 20/20/20 CYCLE
5:30a - 6:30a REDZONE	7:00a - 8:00a REDZONE	5:30a - 6:30a REDZONE	7:00a - 8:00a REDZONE	8:00a - 9:00a BODYFLOW	8:00a - 9:00a BODYPUMP	10:00a - 11:00a WARRIOR FLOW
8:00a - 9:00a BODYPUMP	8:00a - 9:00a WARRIOR FLOW	8:00a - 9:00a BODYFLOW	8:00a - 9:00a CYCLE	8:15a - 9:15a WERQ	8:00a - 9:00a REDZONE	10:15a - 11:15a BODYPUMP
9:15a - 10:15a BARRE	8:00a - 9:00a CYCLE	8:00a - 9:00a KICKBOXING/SELF DEFENSE	8:15a - 9:15a WARRIOR FLOW	9:30a - 10:30a BODYPUMP	8:30a - 9:15a BARRE	
9:30a - 10:30a BODYSTEP	8:30a - 9:30a REDZONE	9:15a - 10:15a BARRE	8:30a - 9:30a REDZONE	10:45a - 11:45a DIESEL	9:15a - 10:15a REDZONE	
10:45a - 11:45a DIESEL	9:30a - 10:30a BODY COMBAT	9:30a - 10:30a BODYSTEP	9:30a - 10:30a BODYPUMP		9:30a - 10:15a DEEP STRETCH	
4:30p - 5:30p BODYPUMP	10:45a - 11:45a 3-2-1 FIT	10:45a - 11:45a DIESEL	10:45a - 11:45a 3-2-1 FIT		9:30a - 10:30a BODYSTEP	
5:15p - 6:15p REDZONE	4:30p - 5:15p CYCLE (45)	4:30p - 5:30p BARRE	4:30p - 5:15p CYCLE (45)		10:45a - 11:45a WERQ	
5:30p - 6:30p CYCLE		4:30p - 5:30p BODYPUMP	5:15p - 6:15p REDZONE		10:45a - 11:45a BODYPUMP	
6:00p - 6:45p TOTAL CONDITIONING		5:15p - 6:15p REDZONE	6:00p - 7:00p YIN/RESTORATIVE			
		5:30p - 6:30p CYCLE	6:30p - 7:30p REDZONE			
		6:00p - 7:00p BODYPUMP				