



July 2021

Summerville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a - 6:30a FORGE	5:00a - 6:00a FORGE	5:00a - 6:00a FORGE	5:00a - 6:00a FORGE	5:00a - 6:00a FORGE	7:15a - 8:15a CYCLE	8:00a - 9:00a CYCLE
5:30a - 6:30a CYCLE	6:30a - 7:30a REDZONE	6:30a - 7:30a REDZONE	5:30a - 6:30a CYCLE	8:30a - 9:30a CYCLE	8:00a - 9:00a FORGE	8:30a - 9:30a DANCE JAM
9:00a - 10:00a BODYPUMP	9:30a - 10:30a REDZONE	9:00a - 10:00a BODYPUMP	6:30a - 7:30a REDZONE	9:30a - 10:30a BARRE	8:15a - 9:15a REDZONE	
9:30a - 10:30a REDZONE	10:30a - 11:30a ZUMBA	9:30a - 10:30a REDZONE	9:00a - 10:00a STEP	5:30p - 6:30p FORGE	8:30a - 9:30a BODYPUMP	
10:00a - 11:00a YOGA	5:00p - 6:00p STEP	5:30p - 6:30p TABATA/CORE	9:30a - 10:30a REDZONE		9:30a - 10:30a DANCE JAM	
5:30p - 6:30p FORGE	5:30p - 6:30p FORGE	6:00p - 7:00p CYCLE	5:30p - 6:30p REDZONE			
5:30p - 6:30p REDZONE	5:30p - 6:30p CYCLE	6:30p - 7:30p YOGA	5:30p - 6:30p FORGE			
6:00p - 7:00p BARRE	6:00p - 7:00p BODYPUMP		5:15p - 6:15p BODYPUMP			
6:00p - 7:00p DANCE JAM			6:30p - 7:30p DANCE JAM			