



July 2021

West Ashley Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30a - 9:30a ALL LEVELS YOGA	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
9:00a - 10:00a REDZONE	8:30a - 9:30a 20-20-20 CYCLE	9:00a - 10:00a REDZONE	8:30a - 9:30a DEFINITIONS		9:30a-10:30a REDZONE
5:30p - 6:30p REDZONE	9:30a - 10:30a BARRE	9:30a - 10:30a 3-2-1 FIT	9:00a - 10:00a YOGA		10:00a - 11:00a DEFINITIONS
	4:30p - 5:30p REDZONE	5:30p - 6:30p REDZONE	4:30p - 5:30p REDZONE		
5:30p-6:30p WERQ	5:00p-6:00p BARRE	5:30p - 6:30p WERQ	5:00p-6:00p BARRE		
	5:30p - 6:15p STUDIO CYCLE 45		5:30p - 6:15p STUDIO CYCLE 45		
	6:00p - 6:30p Core Cuts				