



**July 2021**

Downtown Group Fitness Schedule

| <b>MONDAY</b>            | <b>TUESDAY</b>           | <b>WEDNESDAY</b>         | <b>THURSDAY</b>          | <b>FRIDAY</b> | <b>SATURDAY</b>           |
|--------------------------|--------------------------|--------------------------|--------------------------|---------------|---------------------------|
| 7:00a - 8:00a<br>REDZONE | 7:00a - 8:00a<br>REDZONE | 5:00p - 6:00p<br>REDZONE | 7:00a - 8:00a<br>REDZONE |               | 9:00a - 10:00a<br>REDZONE |
| 8:00a - 9:00a<br>REDZONE | 8:00a - 9:00a<br>REDZONE |                          | 8:00a - 9:00a<br>REDZONE |               |                           |
| 5:00p - 6:00p<br>REDZONE |                          |                          |                          |               |                           |
|                          |                          |                          |                          |               |                           |
|                          |                          |                          |                          |               |                           |





**July 2021**

Knightsville Group Fitness Schedule

| <b>MONDAY</b>               | <b>TUESDAY</b>          | <b>WEDNESDAY</b> | <b>THURSDAY</b>        | <b>FRIDAY</b> | <b>SATURDAY</b>        |
|-----------------------------|-------------------------|------------------|------------------------|---------------|------------------------|
|                             | 9:00a - 10:00a<br>ZUMBA |                  | 9:00a - 10:00a<br>WERQ |               | 9:30a - 10:30a<br>WERQ |
| 5:30p - 6:30p<br>POWER HOUR |                         |                  |                        |               |                        |
|                             |                         |                  |                        |               |                        |



**SUMMER 2021**

Park West Group Fitness Schedule

| MONDAY                            | TUESDAY                           | WEDNESDAY                                    | THURSDAY                          | FRIDAY                     | SATURDAY                     | SUNDAY                           |
|-----------------------------------|-----------------------------------|--|-----------------------------------|----------------------------|------------------------------|----------------------------------|
| 5:30a - 6:30a<br>CYCLE            | 5:30a - 6:30a<br>3-2-1 FIT        | 5:30a - 6:30a<br>CYCLE                       | 5:30a - 6:30a<br>BODYPUMP         | 5:30a - 6:30a<br>CYCLE     |                              | 9:00a - 10:00a<br>20/20/20 CYCLE |
| 7:00a - 8:00a<br>REDZONE          | 7:00a - 8:00a<br>REDZONE          | 5:30a-6:30a<br>REDZONE                       | 7:00a - 8:00a<br>REDZONE          | 7:00a - 8:00a<br>REDZONE   | 8:00a - 9:00a<br>BODYPUMP    | 10:00a - 11:00a<br>WARRIOR FLOW  |
| 8:00a - 9:00a<br>BODYPUMP         | 8:00a - 9:00a<br>WARRIOR FLOW     | 8:00a - 9:00a<br>BODYFLOW                    | 8:00a - 9:00a<br>CYCLE            | 8:00a - 9:00a<br>BODYFLOW  | 8:00a - 9:00a<br>REDZONE     | 10:15a - 11:15a<br>BODYPUMP      |
| 9:15a - 10:15a<br><br>CYCLE       | 8:00a - 9:00a<br><br>CYCLE        | 8:00a - 9:00a<br>KICKBOXING/ SELF<br>DEFENSE | 9:00a-10:00a<br><br>WARRIOR FLOW  | 8:15a - 9:15a<br><br>WERQ  | 8:30a-9:15a<br><br>BARRE 45  |                                  |
| 9:30a-10:30a<br>HIGH FITNESS      | 8:15a - 9:00a<br>WERQ             | 8:30a - 9:30a<br>CYCLE                       | 9:00a - 10:00a<br>REDZONE         | 9:30a - 10:30a<br>BODYPUMP | 8:30a - 9:30a<br>CYCLE       |                                  |
| 10:30a-11:30a<br>BARRE            | 9:00a - 10:00a<br>REDZONE         | 9:15a - 10:15a<br>BARRE                      | 9:30a - 10:30a<br>BODYPUMP        | 9:30a-10:30a<br>SILVER S   | 9:15a - 10:15a<br>REDZONE    |                                  |
| 10:45a - 11:45a<br>DIESEL         | 9:30a - 10:30a<br>BODY COMBAT     | 9:30a - 10:30a<br>BODYSTEP                   | 10:45a - 11:45a<br>3-2-1 FIT      | 10:45a-11:45a<br>DIESEL    | 9:30a-10:15a<br>DEEP STRETCH |                                  |
| 4:30p - 5:30p<br>BODYPUMP         | 10:45a - 11:45a<br>3-2-1 FIT      | 10:45a - 11:45a<br>DIESEL                    | 12:00p - 1:00p<br>SILVER SNEAKERS |                            | 9:15a-10:15a<br>BODY STEP    |                                  |
| 4:30p-5:30p<br>BARRE              | 12:00p - 1:00p<br>SILVER SNEAKERS |  | 4:30p - 5:15p<br>CYCLE (45)       |                            | 10:45a - 11:45a<br>WERQ      |                                  |
| 5:15p-6:15p<br>REDZONE            | 4:30p - 5:15p<br>CYCLE (45)       | 4:30p - 5:30p<br>BODYPUMP                    |                                   |                            | 10:30a-11:30a<br>BODYPUMP    |                                  |
| 5:30p-6:30p<br>CYCLE              | 5:30p - 6:30p<br>BODY COMBAT      | 5:15p - 6:15p<br>REDZONE                     | 6:00p - 7:00p<br>YIN/RESTORATIVE  |                            |                              |                                  |
| 6:00p-6:45p<br>TOTAL CONDITIONING |                                   | 5:30p - 6:30p<br>CYCLE                       | 5:45p-6:30p<br>EXTREME CYCLE      |                            |                              |                                  |
|                                   | 6:00p-7:00p<br>REDZONE            | 6:00p - 7:00p<br>BODYPUMP                    | 6:00p-7:00p<br>REDZONE            |                            |                              |                                  |



July 2021

Summerville Group Fitness Schedule

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



**July 2021**

West Ashley Group Fitness Schedule

| <b>MONDAY</b>                    | <b>TUESDAY</b>                   | <b>WEDNESDAY</b>            | <b>THURSDAY</b>                  | <b>FRIDAY</b>             | <b>SATURDAY</b>                |
|----------------------------------|----------------------------------|-----------------------------|----------------------------------|---------------------------|--------------------------------|
| 8:30a - 9:30a<br>ALL LEVELS YOGA | 6:00a - 7:00a<br>REDZONE         | 8:30a - 9:30a<br>BARRE      | 6:00a - 7:00a<br>REDZONE         | 9:00a - 10:00a<br>REDZONE | 8:30a - 9:30a<br>YOGA          |
| 9:00a - 10:00a<br>REDZONE        | 8:30a - 9:30a<br>20-20-20 CYCLE  | 9:00a - 10:00a<br>REDZONE   | 8:30a - 9:30a<br>DEFINITIONS     |                           | 9:30a-10:30a<br>REDZONE        |
| 5:30p - 6:30p<br>REDZONE         | 9:30a - 10:30a<br>BARRE          | 9:30a - 10:30a<br>3-2-1 FIT | 9:00a - 10:00a<br>YOGA           |                           | 10:00a - 11:00a<br>DEFINITIONS |
|                                  | 4:30p - 5:30p<br>REDZONE         | 5:30p - 6:30p<br>REDZONE    | 4:30p - 5:30p<br>REDZONE         |                           |                                |
| 5:30p-6:30p<br>WERQ              | 5:00p-6:00p<br>BARRE             | 5:30p - 6:30p<br>WERQ       | 5:00p-6:00p<br>BARRE             |                           |                                |
|                                  | 5:30p - 6:15p<br>STUDIO CYCLE 45 |                             | 5:30p - 6:15p<br>STUDIO CYCLE 45 |                           |                                |
|                                  | 6:00p - 6:30p<br>Core Cuts       |                             |                                  |                           |                                |