



FALL 2021

Downtown Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30a-7:30a WARRIOR FLOW			
	9:15a-10:15a ALL LEVELS YOGA	9:15a-10:15a ALL LEVELS YOGA	9:15a-10:15a ALL LEVELS YOGA		
		6:45p-7:45p WARRIOR FLOW			



Fall 2021

Knightsville Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a - 10:00a ZUMBA		9:00a - 10:00a AMPD BURN		9:30a - 10:30a WERQ
5:30p - 6:30p WERQ		5:30p - 6:30p POWER HOUR			



FALL 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 BODYPUMP	5:30a - 6:30a CYCLE		9:00a - 10:00a 20/20/20 CYCLE
7:00a - 8:00a REDZONE	7:00a - 8:00a REDZONE	5:30a-6:30a REDZONE	7:00a - 8:00a REDZONE	7:00a - 8:00a REDZONE	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	8:00a - 9:00a BODYFLOW	8:00a - 9:00a REDZONE	10:15a - 11:15a BODYPUMP
9:15a - 10:15a CYCLE	8:00a - 9:00a CYCLE	8:00a - 9:00a KICKBOXING/ SELF DEFENSE	9:00a-10:00a WARRIOR FLOW	8:15a - 9:15a WERQ	8:30a-9:15a BARRE 45	3:30p-4:30p REFIT
9:30a-10:30a HIGH FITNESS	8:15a - 9:00a WERQ	8:30a - 9:30a CYCLE	9:00a - 10:00a REDZONE	9:30a - 10:30a BODYPUMP	8:30a - 9:30a CYCLE	
10:30a-11:30a BARRE	9:00a - 10:00a REDZONE	9:15a - 10:15a BARRE	9:30a - 10:30a BODYPUMP	9:30a-10:30a SILVER S	9:15a - 10:15a REDZONE	
10:45a - 11:45a DIESEL	9:30a - 10:30a BODY COMBAT	9:30a - 10:30a BODYSTEP	10:45a - 11:45a 3-2-1 FIT	10:45a-11:45a DIESEL	9:30a-10:15a DEEP STRETCH	
4:30p - 5:30p BODYPUMP	10:45a - 11:45a 3-2-1 FIT	10:45a - 11:45a DIESEL	12:00p - 1:00p SILVER SNEAKERS		9:15a-10:15a BODY STEP	
4:30p-5:30p BARRE	12:00p - 1:00p SILVER SNEAKERS		CARDIO STRENGTH		10:45a - 11:45a WERQ	
5:15p-6:15p REDZONE	4:30p-5:30p HIGH FITNESS	4:30p - 5:30p BODYPUMP	4:30p-5:15p CYCLE (45)		10:30a-11:30a BODYPUMP	
5:30p-6:30p CYCLE	4:30p-5:15p CYCLE (45)		6:00p - 7:00p YIN/RESTORATIVE			
5:45p-6:45p DEEP STRETCH YOGA	5:30p-6:30p BODY COMBAT		5:45p-6:30p EXTREME CYCLE			
6:00p-6:45p TOTAL CONDITIONING	6:00p-7:00p REDZONE	6:00p - 7:00p BODYPUMP	6:00p-7:00p REDZONE			



FALL 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	8:30a - 9:30a CYCLE	9:00a - 10:00a BODYPUMP	6:30a - 7:30a REDZONE	9:30a - 10:30a AMPD/BURN	9:15a - 10:15a REDZONE	
9:30a - 10:30a REDZONE	9:30a - 10:30a REDZONE	9:30a - 10:30a REDZONE	9:00a - 10:00a STEP	5:30p - 6:30p FORGE	8:30a - 9:30a BODYPUMP	
5:30p - 6:30p FORGE	9:30a - 10:30a PILATES/BARRE FUSION	5:30p - 6:30p TABATA/CORE	9:30a - 10:30a REDZONE		9:30a - 10:30a DANCE JAM	
5:30p - 6:30p REDZONE	10:30a - 11:30a ZUMBA	6:00p - 7:00p CYCLE	9:30a - 10:30a PILATES/BARRE FUSION			
6:00p - 7:00p DANCE JAM	5:00p - 6:00p STEP	6:30p - 7:30p YOGA	5:30p - 6:30p REDZONE			
7:00p - 8:00p YOGA	5:30p - 6:30p FORGE		5:30p - 6:30p FORGE			
	5:00p - 6:00p CYCLE		5:15p - 6:15p BODYPUMP			
	6:15p - 7:15p BODYPUMP		6:30p - 7:30p DANCE JAM			



FALL 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
4:30p-5:30p 3-2-1 FIT	9:00a-10:00a BARRE	9:30a-10:30a 3-2-1 FIT	9:00a - 10:00a YOGA		10:00a - 11:00a DEFINITIONS
4:30p-5:30p REDZONE	4:30p - 5:30p REDZONE		4:30p - 5:30p REDZONE		
5:30p-6:30p REDZONE	5:00p-6:00p BARRE	5:30p - 6:30p WERQ	5:00p-6:00p BARRE		
5:30p-6:30p WERQ	5:30p - 6:15p STUDIO CYCLE 45	5:30p-6:30p REDZONE	5:30p - 6:15p STUDIO CYCLE 45		
	6:00p - 6:30p Core Cuts		6:00p-6:30p Core Cuts		