

Winter 2020



843-341-2166

CLUB HOURS

Mon-Fri:

5:00AM - 10:00PM

Saturday:

8:00AM - 6:00PM

Sunday:

9:00AM - 6:00PM

REVISED 08/10

TIME	MON	TUES	WED	THURS	FRI	SAT
7am	LIIT CURCUIT <i>MATI</i>	HIIT TRAINING <i>STACEY</i>	CARDIO, CORE, & MORE <i>STACEY</i>	SERIOUS STRENGTH <i>JULIE</i>	GUNS, GUTS, & GLUTES <i>STACEY</i>	Classes change weekly
8am	SPINNING <i>MATI</i>	STRETCH <i>SHARON</i>	SPINNING <i>KRISTIN</i>	STRETCH <i>SHARON</i>	SPINNING <i>ROTATES</i>	8:30 HIIT or cardio kickboxing *rotates
9am	SERIOUS STRENGTH <i>STACEY</i>	SERIOUS STRENGTH <i>HEIDI</i>	STEP <i>ALICE</i>	SERIOUS STRENGTH <i>HEIDI</i>	STEP <i>ALICE</i>	9:30 GUNS, GUTS, & GLUTES
10am	YOGA <i>JERI</i>	TAI CHI <i>GORDAN</i> *pre-registration required	YOGA SHARON		GOT CORE (30 min) <i>STACEY</i>	
10:30am					YOGA <i>CHARMAINE</i>	
4:30pm						
5:30pm	SERIOUS STRENGTH <i>HEIDI</i>	CARDIO CORE & MORE <i>KIM</i>	SERIOUS STRENGTH <i>SUE</i>			