

# 2019



**843-341-2166**

**CLUB HOURS**

Mon-Fri:  
5:00AM - 10:00PM

Saturday:  
8:00AM - 6:00PM

Sunday:  
9:00AM - 6:00PM

**SPIN SIGN UP**

-Members: day before  
- Non-Members: day of

| TIME    | MON                                    | TUES                                   | WED  | THURS   | FRI  | SAT   |
|---------|--|--|--|---|--|---|
| 7am     | <b>LIIT CURCUIT<br/>AJ</b>             | <b>HIIT TRAINING<br/>STACEY</b>        | <b>CARDIO, CORE,<br/>&amp; MORE STACEY</b> | <b>P.O.S.<br/>(Power of Stability)<br/>STACEY</b> | <b>GUNS, GUTS,<br/>&amp; GLUTES<br/>STACEY</b> | <b>Classes change<br/>weekly</b>              |
| 8am     | <b>SPINNING KIM</b>                    | <b>STRETCH<br/>(45 min)<br/>SHARON</b> | <b>SPINNING<br/>KRISTIN</b>                | <b>STRETCH (45<br/>min) SHARON</b>                | <b>SPINNING<br/>MATI</b>                       | <b>8:30 HIIT OR<br/>SPIINING<br/>*rotates</b> |
| 9am     | <b>SERIOUS<br/>STRENGTH<br/>STACEY</b> | <b>SERIOUS<br/>STRENGTH<br/>HEIDI</b>  | <b>STEP<br/>ALICE</b>                      | <b>SERIOUS<br/>STRENGTH HEIDI</b>                 | <b>STEP<br/>ALICE</b>                          | <b>9:30 GUNS,<br/>GUTS, &amp;<br/>GLUTES</b>  |
| 10am    |  |  |  |   | <b>GOT CORE<br/>(30 min)<br/>STACEY</b>        |   |
| 10:30am |  |  |  |   |  |   |
| 4:30pm  |  | <b>No Holds BARRE<br/>ALYSSA</b>       |  |   |  |   |
| 5:30pm  | <b>SERIOUS<br/>STRENGTH<br/>HEIDI</b>  | <b>CARDIO CORE<br/>KIM</b>             | <b>POUND<br/>HEIDI</b>                     |   |  |   |