

2018



843-341-2166

Club Hours :

Mon - Fri:

5AM - 10PM

Saturday:

8AM - 6PM

Sunday:

9AM - 6PM



SPIN SIGN UP

-Members: day before

-Non-members: day of

TIME	MON	TUES	WED	THUR	FRI	SAT
7AM	H.I.I.T CIRCUIT A.J	F.I.T. <i>Fit (Fast Interval Training)</i> STACEY	CARDIO CORE & MORE STACEY	P.O.S. <i>Power of Stability</i> STACEY	GUNS, GUTS, & GLUTES STACEY	8:30 & 9:30 Saturday Classes <i>Change Weekly</i> * See Board <i>for Details</i> 8:30AM F.I.T. / SPINNING *ROTATES 9:30AM GUNS, GUTS, & GLUTES *ROTATES
8AM	 ROTATES		 KRISTIN		 MATI	
9AM	SERIOUS STRENGTH STACEY	SERIOUS STRENGTH HEIDI	STEP ALICE	SERIOUS STRENGTH HEIDI	STEP ALICE	
10AM					GOT CORE (30 min) STACEY	
4:30PM		No Holds BARRE ALYSSA				
5:30PM	CARDIO CORE & MORE HEIDI		POUND HEIDI	SERIOUS STRENGTH AJ		