

2017



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	THUR	FRI	SAT
7am	No Holds BARRE <i>VICTORIA</i>	F.I.T <i>(Fast Interval Training)</i> <i>STACEY</i>	CARDIO CORE & MORE <i>STACEY</i>	P.O.S. <i>Power of Stability</i> <i>STACEY</i>	GUNS, GUTS, & GLUTES <i>STACEY</i>	9:30 8:30 & 9:30 Saturday Classes change weekly <i>See board for details</i>
8am	 <i>HEIDI</i>	YOGA <i>SHARON</i>	 <i>KRISTIN</i>	PILATES MAT <i>DANIELLE</i>	 <i>HEIDI</i>	8:30 F.I.T. / SPINNING <i>*ROTATES</i>
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 <i>*ROTATES</i>
10am	YOGA <i>JERI</i>	 <i>ROTATES</i>	YOGA FLOW <i>WENDY</i>	 <i>KRISTIN</i>	GOT CORE (30 min) <i>STACEY</i>	
4:30pm		No Holds BARRE <i>ALYSSA</i>				
5:30pm	CARDIO CORE & MORE <i>Arleigh</i>	SERIOUS STRENGTH <i>ROTATES</i>	POUND <i>HEIDI</i>	SERIOUS STRENGTH <i>A.J.</i>		