

Group Fitness Schedule

Co-Ed Location: 3223 W. Palmetto St.			Florence Ladies 1: 200 Second Loop Rd		
Monday			Monday		
9:00 AM	BBE	Lindsay	9:00 AM	Dance Party	Melissa
5:00 PM	Cardio Sculpt	Carolyn	4:30 PM	Kettlebell Fitness	Anna
6:00 PM	Kickboxing	Lindsey Suto	5:30 PM	Core	Avanti
7:00 PM	Zumba	Megan	6:00 PM	Turbo Kick	Avanti
Tuesday			7:00 PM	Hip Hop	Heather & Philip
8:15 AM	Kickboxing	Angela	Tuesday		
9:00 AM	BBE	Angela	5:30 PM	Step It Up	Skyelar
6:00 PM	Kettlebell Fitness	Kristina	6:15 PM	Zumba	Taylor
6:15 PM	Knock Out	Misty	7:00 PM	KettleBell Fitness	Anna
7:00 PM	RunClub	Kristina	Wednesday		
Wednesday			9:00 AM	Hip Hop	Heather & Philip
8:15 AM	Pump It Up	Angela	5:30 PM	Hip Hop	Heather & Philip
5:00 PM	Cardio Sculpt	Carolyn	6:00 PM	Virtual Spin	Suzanne
6:00 PM	Zumba	Amber	6:30 PM	Pump It Up	Beka
Thursday			Thursday		
9:00 AM	BBE	Angela	5:30 PM	Tabata Training	Erin
6:00 PM	Kettlebell Fitness	Kristina	6:15 PM	Zumba	Taylor
6:15 PM	Knock Out	Lindsey Suto	6:15 PM	Run Club	Erin
Friday			7:00 PM	KettleBell Fitness	Anna
8:15 AM	Yoga and Core	Angela	Friday		
5:00 PM	Cardio Sculpt	Carolyn	9:00 AM	Zumba	Lindsay
			5:30 PM	Zumba	Molly
CO-ED Location: 902 Second Loop Rd. Florence			5:45 PM	Core Spin	Suzanne
Monday			6:30 PM	Yoga	Anna
5:30 PM	Bootcamp	Beka	Hartsville: 821 S. 5th Street		
6:00 PM	Run Club	Beka	Monday		
Tuesday			5:30 PM	Ab Blast	Courtney
6:00 PM	Bootcamp	Sierra	6:00 PM	Zumba	Lindsay
Wednesday			7:00 PM	Basic Yoga	Lindsay
6:00 PM	HIIT IT	Kristina	Tuesday		
Thursday			5:30 PM	Hip Hop Core	Shelley
6:00 PM	Bootcamp	Sierra	6:00 PM	Zumba	Shelley
Darlington: 1032 Pearl St			Wednesday		
Monday			5:30 PM	Ab Blast	Avanti
8:00 AM	Sunrise Spin	Mark	6:00 PM	Turbo Kick	Avanti
6:00 PM	Kettlebell	Shannon	Thursday		
7:30 PM	Knockout BootCamp	Jermal	5:30 PM	Hip Hop Core	Shelley
Tuesday			6:00 PM	Zumba	Shelley
6:00 PM	Hip Hop	Heather & Philip	7:00 PM	Power Sculpt	Tracie
6:00 PM	Spin	Angie	Friday		
Wednesday			8:00 AM	Sunrise Spin	Mark
8:00 AM	Sunrise Spin	Mark	6:00 PM	Kettlebell	Shannon
6:00 PM	Kettlebell	Shannon	7:30 PM	Knockout BootCamp	Jermal
7:30 PM	Knockout BootCamp	Jermal	Thursday		
Thursday			6:00 PM	Hip Hop	Heather & Philip
6:00 PM	Hip Hop	Heather & Philip	Friday		
Friday			8:00 AM	Sunrise Spin	Mark
8:00 AM	Sunrise Spin	Mark			

Group Fitness Classes: Call For More Info. 843.206.4389
 Fitness 843 Classes: Call For More Info. 843.610.3872