

Group Fitness Schedule

Co-Ed Location: 3223 W. Palmetto St.			Florence Ladies 1: 200 Second Loop Rd		
Monday			Monday		
9:00 AM	BBE	Lindsay	4:30 PM	Kettlebell Fitness	Anna
5:00 PM	Cardio Sculpt	Carolyn	5:30 PM	Core	Avanti
6:00 PM	Kickboxing	Lindsey Suto	6:00 PM	Turbo Kick	Avanti
7:00 PM	Zumba	Sheri	7:00 PM	Hip Hop	Heather & Philip
Tuesday			Tuesday		
8:15 AM	Kickboxing	Angela	5:30 PM	Step It Up	Skyelar
9:00 AM	BBE	Angela	6:15 PM	Zumba	Taylor
6:00 PM	Kettlebell Fitness	Kristina	7:00 PM	KettleBell Fitness	Anna
6:15 PM	Knock Out	Misty			
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	Sheri	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
			7:00 PM	KettleBell Fitness	Anna
Friday			Friday		
8:15 AM	Yoga and Core	Angela			
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			Saturday		
5:30 PM	Bootcamp	Beka	9:00 AM	Instructor's Choice	TBA
6:00 PM	Run Club	Beka			
Tuesday			Hartsville: 821 S. 5th Street		
6:00 PM	Bootcamp	Sierra			
Wednesday			Monday		
			5:30 PM	Ab Blast	Lindsay
6:00 PM	HIIT IT	Kristina	6:00 PM	Zumba	Lindsay
Thursday			Tuesday		
6:00 PM	Bootcamp	Sierra			
Darlington: 1032 Pearl St			5:30 PM	Ab Blast	Shelley
Monday			6:00 PM	Zumba	Shelley
8:00 AM	Sunrise Spin	Mark			
6:00 PM	Kettlebell	Shannon			
7:30 PM	Knockout BootCamp	Jermal	5:30 PM	Ab Blast	Avanti
Tuesday			6:00 PM	Turbo Kick	Avanti
6:00 PM	Hip Hop	Heather & Philip			
6:00 PM	Spin	Angie	5:30 PM	Ab Blast	Shelley
Wednesday			6:00 PM	Zumba	Shelley
8:00 AM	Sunrise Spin	Mark	7:00 PM	Power Sculpt	Tracie
6:00 PM	Kettlebell	Shannon			
7:30 PM	Knockout BootCamp	Jermal	9:00 AM	Instructor's Choice	TBA
Thursday			Saturday		
6:00 PM	Hip Hop	Heather & Philip			
Friday			Saturday		
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