

Group Ex. Schedule

MAY, 2017

MONDAY

6:00AM SPINNING
8:00AM STRETCH
9:00AM BODY PUMP
11:00AM BARRE

5:00PM BODY FLOW
6:00PM BODY PUMP/CX MIX

TUESDAY

7:30AM SPINNING
8:25AM CX-WORX
9:00AM SPINNING

4:30PM ZUMBA
5:30PM BARRE-BODY (45)

WEDNESDAY

6:00AM SPINNING
7:30AM YOGA
9:00AM BODY PUMP
10:00AM YOGA
11:00AM BARRE/BODY

5:00PM BODY FLOW
6:00PM BODY PUMP/CX MIX

THURSDAY

7:30AM SPINNING
8:25AM CX-WORX
9:00AM SPINNING

4:30PM ZUMBA
5:30PM BARRE-BODY (45)

FRIDAY

6:30AM SHRED / Total Fit
7:30AM YOGA
9:00AM SCULPT
10:00AM YOGA

SATURDAY

7:00AM TURBO-HIIT (30)
High Intensity Cycling
7:45AM SPINNING
8:45AM SPINNING
10:00AM BODY PUMP
11:00AM ZUMBA
12:00PM BODY FLOW

SUNDAY

3:30pm GENTLE YOGA
Final Class May 21st
Returns in the Winter

SPINNING Sign Ups open THE DAY BEFORE the class you want to attend.

BARRE-BODY sign-ups open day before after 8:00am

TURBO is a 30-minute high intensity interval training session using indoor cycling.



843-681-6161

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