

Beach City Health and Fitness

843-681-6161

info@beachcityfitness.com

www.beachcityfitness.com

Sign up for Spinning Classes the day before.
Sign up for Barre/Body Classes the day before
AFTER 8:00am.

MONDAY

6:00AM SPINNING (45)
8:00AM STRETCH (45)
9:00AM BODY PUMP
11:00AM BARRE/BODY (45)
5:00PM BODY FLOW
6:00PM BODY PUMP

TUESDAY

7:15AM SPINNING (45)
8:15AM CX-WORX (30)
9:00AM SPINNING (45)
4:30PM ZUMBA
5:30PM BARRE/BODY (45)

WEDNESDAY

6:00AM SPINNING (45)
7:30AM YOGA
9:00AM BODY PUMP
10:00AM YOGA
11:00AM BARRE/BODY (45)

5:00PM BODY FLOW
6:00PM BODY PUMP

THURSDAY

7:15AM SPINNING (45)
8:15AM CX-WORX (30)
9:00AM SPINNING (45)

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 (45)
8:45AM SPINNING (45)
10:00AM BODY PUMP
11:00AM ZUMBA
12:00PM BODY FLOW