

# GROUP FITNESS CLASS SCHEDULE

## Florence Gyms



### Palmetto Street (Co-Ed)

### Second Loop (Ladies Only)

### Second Loop (Co-Ed)

<b>MONDAY</b>		
8:30AM 6:00PM	Bootcamp Row-tine	Maria Asher
<b>TUESDAY</b>		
8:30AM 6:00PM 6:15PM 7:00PM	Kick HIIT <a href="#">Kettlebell Fitness</a> Knockout <a href="#">Run Club</a>	Maria Kristina Ashton Kristina
<b>WEDNESDAY</b>		
8:30AM	Bootcamp	Maria
<b>THURSDAY</b>		
6:00PM 6:15PM	<a href="#">Kettlebell Fitness</a> Knock Out	Kristina Ashton
<b>FRIDAY</b>		

<b>MONDAY</b>		
9:00AM 4:30PM 5:30PM 6:00PM 6:30PM	<a href="#">Full Body Fitness</a> Kettlebell Full Body Burn Spin Zumba Fit	Kristy Anna Maria Suzanne Jennifer
<b>TUESDAY</b>		
9:00AM 5:15PM 6:00PM 7:00PM	Kickboxing Step It Up Dance Fitness Kettlebell	Kristy Rosie Taylor Anna
<b>WEDNESDAY</b>		
9:00AM 5:15PM 6:00PM 6:30PM	<a href="#">Full Body Fitness</a> Zumba Fit Spin Pump It Up	Kristy Jennifer Suzanne Beka
<b>THURSDAY</b>		
9:00AM 5:15PM 6:00 PM 7:00 PM	Dance Fitness Step It Up KettleBell Fitness Dance Fitness	Kristy Rosie Beka Taylor
<b>FRIDAY</b>		
9:00 AM 5:30 PM	<a href="#">Kickboxing/Yoga</a> Yoga/Yo-Chi	Kristy Anna
<b>SATURDAY</b>		
6:00AM 9:00AM	Bootcamp Sculpt & Sweat	Aleshia Maria
<b>SUNDAY</b>		

<b>MONDAY</b>		
6:30PM	Bootcamp	Sierra
<b>TUESDAY</b>		
6:00PM	Bootcamp	Sierra
<b>WEDNESDAY</b>		
6:00PM	HIIT	Kristina
<b>THURSDAY</b>		



# GROUP FITNESS CLASS SCHEDULE

## Darlington, Bennettsville, Dillon, & Hartsville Gyms



Darlington - 1032 Pearl. St.

Bennettsville - 1085 Cottingham Blvd.

Hartsville - 821 S. 5th St.

<b>MONDAY</b>		
6:00PM 7:30PM	Strength, Core, & More Bootcamp	Pam Jermal
<b>TUESDAY</b>		
6:00PM	Dance Fitness	Tracie & Tamra
<b>WEDNESDAY</b>		
6:00PM 7:00PM	Strength, Core, & More Bootcamp	Pam Jermal
<b>THURSDAY</b>		
6:00PM	Dance Fitness	Tracie & Tamra
<b>FRIDAY</b>		

<b>MONDAY</b>		
6:00PM	Dance Fitness	Peyton
<b>TUESDAY</b>		
7:00PM	Ultimate Fitness	Demarco
<b>WEDNESDAY</b>		
6:00PM	Dance Fitness	Peyton
<b>THURSDAY</b>		
7:00PM	Ultimate Fitness	Demarco
<b>FRIDAY</b>		

<b>SATURDAY</b>		
8:30AM	Ultimate Fitness	Demarco

<b>MONDAY</b>		
6:00AM 6:00PM 7:00PM	Z-fit Power Sculpt Step Aerobics	Shelley Tracie Janie
<b>TUESDAY</b>		
6:00PM	Z-fit	Shelley
<b>WEDNESDAY</b>		
6:00PM	Dance Fitness	Marianne
<b>THURSDAY</b>		
6:00AM 6:00PM	Z-fit Power Sculpt	Shelley Tracie



Dillon - 504 Radford Blvd.

<b>MONDAY</b>		
<b>TUESDAY</b>		
6:00PM	Full Body Fitness	Kristy
<b>WEDNESDAY</b>		
<b>THURSDAY</b>		
6:00PM	Dance Fitness	Kristy

