

Group Exercise Schedule

Classes are subject to change.

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

Spinning® classes sign-up opens the day before after 5:00am. (Limit 20)

Barre-Body classes sign-up opens the day before after 8:00am (Limit 16)

843-681-6161
beachcityfitness.com

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