

Small Group Classes Schedule
August 2021

864-327-9247

100 E. Main St., STE R-1A

Spartanburg, SC 29306

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Included in Ultimate Memberships: ALL Sessions Unlimited!!! PM = Pilates Mat PM TRX	2 6:15am SGT SM 9:00am Group TRX SM	3 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	4 6:15am Group TRX SM 9:00am SGT SM	5 8:15am Group TRX SM 9:00am SGT SM 5:45pm SGT SM	6 	7 NO CLASS!!
8 HIIT = High Intensity Interval Training SGT = Small Group Strength Training Group TRX = Suspension Training	9 6:15am SGT SM 9:00am Group TRX SM	10 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	11 6:15am Group TRX SM 9:00am SGT SM	12 8:15am Group TRX SM 9:00am PM TRX KH 5:45pm SGT SM	13 	14 8:15am Cycling KB
15 	16 6:15am SGT SM 9:00am Group TRX SM	17 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	18 6:15am Group TRX SM 9:00am SGT SM	19 8:15am Group TRX SM 9:00am PM TRX KH 5:45pm SGT SM	20 	21 8:15am SGT SM
22 	23 6:15am SGT SM 9:00am Group TRX SM	24 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	25 6:15am Group TRX SM 9:00am SGT SM	26 8:15am Group TRX SM 9:00am PM TRX KH 5:45pm SGT SM	27 	28 8:15am Cycling KB
29 	30 6:15am SGT SM 9:00am Group TRX SM	31 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	6:15am Group TRX SM 9:00am SGT SM	8:15am Group TRX SM 9:00am PM TRX KH 5:45pm SGT SM		