

Small Group Classes Schedule
October 2021

864-327-9247

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

Spartanburg, SC 29306

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Included in Ultimate Memberships: ALL Sessions Unlimited!!! PM = Pilates Mat PM TRX					1	2	
						8:15am SGT SM	
	3	4	5	6	7	8	9
	HIIT = High Intensity Interval Training SGT = Small Group Strength Training Group TRX = Suspension Training	6:15am SGT SM 9:00am Group TRX SM	8:15 am SGT SM 9:00am Pilates Tower 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		8:15am Cycling KB
	10	11	12	13	14	15	16
	6:15am SGT SM 9:00am Group TRX SM	8:15 am SGT SM 9:00am Pilates Tower 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		8:15am SGT SM	
17	18	19	20	21	22	23	
	6:15am SGT SM 9:00am Group TRX SM	8:15 am SGT SM 9:00am Pilates Tower 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		8:15am Cycling KB	
24	25	26	27	28	29	30	
	6:15am SGT SM 9:00am Group TRX SM	8:15 am SGT SM 9:00am Pilates Tower 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		8:15am SGT SM	