

Small Group Classes Schedule July 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				1 8:15am Group TRX SM 9:00am PM KH 5:45pm SGT SM	2	3 No Class!!
4 HIIT = High Intensity Interval Training SGT = Small Group Strength Training Group TRX = Suspension Training	5 9:00am Group TRX SM	6 8:15 am SGT SM 5:45pm SGT SM	7 6:15am Group TRX SM 9:00am SGT SM	8 8:15am Group TRX SM 9:00am PM KH 5:45pm SGT SM	9	10 8:15am SGT SM
11	12 6:15am SGT SM 9:00am Group TRX SM	13 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	14 6:15am Group TRX SM 9:00am SGT SM	15 8:15am Group TRX SM 9:00am PM KH 5:45pm SGT SM	16	17 8:15am Cycling KB
18	19 6:15am SGT SM 9:00am Group TRX SM	20 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	21 6:15am Group TRX SM 9:00am SGT SM	22 8:15am Group TRX SM 9:00am PM KH 5:45pm SGT SM	23	24 8:15 am SGT SM
25	26 6:15am SGT SM 9:00am Group TRX SM	27 8:15 am SGT SM 9:00am PM KB 5:45pm SGT SM	28 6:15am Group TRX SM 9:00am SGT SM	29 8:15am Group TRX SM 9:00am PM KH 5:45pm SGT SM	30	31 8:15am Cycling KB