

**Small Group Classes Schedule
 June 2021**

864-327-9247

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

Spartanburg, SC 29306

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