









SPARTANBURG ATHLETIC CLUB

FALL 2017

MAIN GROUP FITNESS ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	<small>GROUP</small> POWER	5:10 <small>GROUP</small> CORE	<small>GROUP</small> POWER	5:10 <small>GROUP</small> CORE		8:00 BOOT CAMP \$5	
8:30am	<small>GROUP</small> BLAST	<small>GROUP</small> CENTERGY	<small>GROUP</small> BLAST	<small>GROUP</small> POWER	9:00 <small>GROUP</small> CORE	9:00 <small>GROUP</small> CORE	
9:30am	<small>GROUP</small> ACTIVE	<small>GROUP</small> POWER	<small>GROUP</small> ACTIVE	<small>GROUP</small> CENTERGY	<small>GROUP</small> ACTIVE	<small>GROUP</small> BLAST	
10:30am		ENERGIZE		ENERGIZE		<small>GROUP</small> ACTIVE	
12:15pm	<small>GROUP</small> POWER		<small>GROUP</small> POWER				
2:00pm							<small>GROUP</small> POWER
3:30pm							<small>GROUP</small> CENTERGY
4:30pm	<small>GROUP</small> BLAST	<small>GROUP</small> fight	<small>GROUP</small> BLAST	<small>GROUP</small> CENTERGY	<small>GROUP</small> POWER		
5:30pm	<small>GROUP</small> ACTIVE	BOOT CAMP \$5 charge	<small>GROUP</small> ACTIVE	<small>GROUP</small> BLAST			
6:00pm		<small>GROUP</small> POWER					
6:30pm							

GROUP FITNESS STUDIO

8:30am							
9:00am							
10:30am						10:15 	
12 noon							
4:15pm	<i>Gtl Yoga</i>		<i>Gtl Yoga</i>				
5:30pm							
6:00pm							

CYCLING STUDIO

5:30am					<small>GROUP</small> RIDE		
5:45am		<small>GROUP</small> RIDE		<small>GROUP</small> RIDE			
8:30am		<small>GROUP</small> RIDE		<small>GROUP</small> RIDE	R30	<small>GROUP</small> RIDE	
9:30am	<small>GROUP</small> RIDE		<small>GROUP</small> RIDE		<small>GROUP</small> RIDE		
10:30am							<small>GROUP</small> RIDE
3:00pm							R30
5:00pm							
5:45pm			<small>GROUP</small> RIDE				

AQUA CLASSES

8:30am	AQUA FIT	AQUA FIT	AQUA FIT	AQUA FIT			
10:00am	AQUA MOTION		AQUA MOTION		9:30 AQUA COMBO		
6:00pm				AQUA ZUMBA			