

NOVEMBER 2021 GROUP FITNESS SCHEDULE						SPORTSCLUB EXPRESS SIMPSONVILLE
MONDAY		1-Nov	8-Nov	15-Nov	22-Nov	29-Nov
5:30	SPRINT	Brandon R	Brandon R	Laura B	Katie M	Brandon R
6:00	AB EXPRESS (S2)	Brandon R	BrandonR	Laura B	Katie M	Brandon R
8:30	BODYCOMBAT	Lindsay D	Dina	Fitzgerald	Lindsay D	Amy F
8:45	SPRINT	Alissa	Rachel A	Alissa	Anna	Rachel A
9:30	BODYPUMP	Alissa	Sarah V	Alissa	Anna	Sarah V
9:30	YOGA (S2)	Allison	JoLynn	Allison	Kathy	Allison
10:45	SIT & BE FIT (S2)	Rita	Rita	Rita	Rita	Rita
4:45	BODYPUMP	Rachel Anderson	Leslie	Suzanne	Sarah V	Suzanne
5:45	BODYSTEP	Brooke	Brooke	Laura B	Brooke	Amy F
5:45	SPIN	Jeff	Lia	Amy G	Laura B	Lia
5:45	RAISEDBARRE (S2)	Brandi	Rambo	Harper	Rambo	Harper
6:45	BODYJAM	Jesse	Jesse	Jesse	Jesse	Jesse
TUESDAY		2-Nov	9-Nov	16-Nov	23-Nov	30-Nov
5:30	BODYPUMP	Katie M	Brandon R	Katie M.	Brandon R	Brandon R
8:30	SPIN	Christi	Christi	Christi	Christi	Christi
8:30	BODYFLOW (S2)	Brandi	Brandi	Cindy	Brandi	Cindy
8:45	GRIT (S1)	Toni	Brandon R	Toni	Brandon R	Amy G
9:30	ZUMBA	Yesika	Naomi	Naomi	Yesika	Yesika
10:15	RAISEDBARRE (S2)	Brandi	Brandi	Cindy	Brandi	Cindy
5:00	PILATES (S2)	Jesse	Jesse	Jesse	Jesse	Jesse
5:45	BODYCOMBAT	Leslie	Jessica S	Jessica S.	Leslie	Jessica S
6:00	BODYPUMP (S2)	Morgan	Nicole T.	Rambo	Nicole T.	Leslie
7:00	HIP HOP	Nicole T.	Nicole T.	Nicole T.	Nicole T.	Nicole T
WEDNESDAY		3-Nov	10-Nov	17-Nov	24-Nov	
5:15	SPIN	Christi	Christi	Christi	Christi	
6:00	AB EXPRESS (S2)	Christi	Christi	Christi	Christi	
8:30	LESMILLS CORE	Amy F	Amy F	Alissa	Amy F	
9:00	BODYCOMBAT	Amy F	Amy F	Jessica S	Amy F	
9:00	PEDAL & PUMP	Anna	Sabrina	Alissa	Sabrina	
10:00	LOW IMPACT	Sabrina	Laura B	Rita	Morgan	
10:30	YOGA (S2)	Bodyflow-Els	Rita	Laura B	No class today only	
11:40	SIT & BE FIT (S2)	Lisa D	Lisa D	Lisa D	Lisa D	
5:30	GRIT	Jeremy	Justin	Justin	No Evening Classes	
5:45	SPIN	Maria	Laura B	Maria		
6:15	BUTTS & GUTS	Darrell	Darrell	Darrell		
7:00	YOGA (S2)	Joanna	Michelle E	Joanna		
THURSDAY		4-Nov	11-Nov	18-Nov	25-Nov	
8:30	PILATES (S2)	Jesse	Jesse	Jesse	Special Thanksgiving Morning Classes 8:30 BODYPUMP with Lee 9:30 PILATES with Lee 9:30 GRIT CARDIO (45 mins) with Anna 9:00 SPIN (90mins) w/Beth & Jeff	
8:30	SPRINT	Brandon R	Anna	Laura B		
9:05	BODYPUMP	Brandon R	Anna	Lee		
10:15	ZUMBA	Kathy	Naomi	Kathy		
10:30	BODYFLOW	Els	Joanna	Brandi		
4:45	BODYPUMP	Suzanne	Sarah V	Leslie		
5:45	BODYCOMBAT	Fitzgerald	Amy F	Leslie		
6:45	ZUMBA	Yeskia	Kathy	Angela M.		
FRIDAY		5-Nov	12-Nov	19-Nov	26-Nov	
5:30	SPRINT	BJ	Katie M	Laura B	Turkey Burn Day 8:30 SPRINT (45mins) with Sarah N 9:30 BOOTCAMP (S1) with Sarah N 10:30 BODYJAM with Jesse	
6:00	AB EXPRESS (S2)	BJ	Katie M	Laura B		
8:30	PEDAL & PUMP	Anna	Anna	Laura B		
9:00	BODYATTACK	Michelle C	Michelle C	Michelle C		
10:00	LOW IMPACT	Amy G	Toni	Rita		
10:00	RAISEDBARRE (S2)	Michelle C	Michelle C	Michelle C		
5:30	FRIDAY FUN-DAY	Sprint+Yoga-Laura	Zumba-Yesika	Grit-Jeremy		
SATURDAY		6-Nov	13-Nov	20-Nov	27-Nov	
8:30	BUTTS & GUTS	Darrell	Darrell	Darrell	Darrell	
9:00	SPIN	Maria	Beth	David	Sabrina	
9:30	BODYCOMBAT (S2)	Amy F	Lindsay D	Leslie	Lindsay D	
9:35	BODYPUMP (S1)	Lee	Sarah N	Suzanne	Anna	
10:35	ZUMBA	Amber	Naomi	Yesika	Kathy	
10:35	ADVANCE YOGA (S2)	Jessica R	Mary	Mary	Jessica R	
SUNDAY		7-Nov	14-Nov	21-Nov	28-Nov	
9:00	BODYCOMBAT	Jessica S	Lindsay D	Jessica s	Lindsay D	
1:30	ZUMBA	Kathy	Brandon G.	Kathy	Brandon G.	
2:30	SPRINT	Amy G	Sarah N	Laura B	Anna	
3:00	AB EXPRESS (S2)	Amy G	Sarah N	Laura B	Anna	

HOLIDAY CHALLENGE

NOV 24-JAN 2

Join the fun and reap the rewards!

Registration begins November 15!

HAPPY THANKSGIVING

THANKSGIVING HOURS

WEDNESDAY 11/25

Club Hours: 5am - 8pm

Childcare: Normal Morning Schedule.

THURSDAY 11/26 (THANKSGIVING DAY)

Club Hours: 8am - 1pm

Childcare: Normal Morning Schedule.

FRIDAY 11/27 (BLACK FRIDAY)

Club Hours: 8:00am - Normal Closing Time

Childcare: Normal Morning Schedule

HONOR ALL WHO SERVED

VETERAN'S DAY is November 11.