

MONDAY			4-Jan	11-Jan	18-Jan	25-Jan
5:30	SPRINT		Amy S	Amy S	Amy S	Amy S
6:00	INTENSE BODY		Jeannie	Jane G	Sarah N	Amy G
7:30	RAISEDBARRE (S2)		Amy F	Cindy	Ben	Amy F
8:30	BODYCOMBAT		Amy F	Lindsay D	Pam	Fitzgerald
8:30	YOGA (S2)		Laura B	Mary	Katie E	Katie E
8:45	SPRINT		Rachel	Laura B	Amy G	Laura B
9:30	PILATES (S2)		Wenda	Wenda	Wenda	Wenda
9:30	GRIT		Toni	TEAM LAUNCH	Anna	Pam
10:30	LOW IMPACT SCULPT		Kathy	Laura B	Laura B	Pam
10:40	SIT & BE FIT (S2)		Michele A	Michele A	Michele A	Michele A
12:15	YOGA (S2)		Tyler P	Tyler P	Tyler P	Tyler P
5:00	GRIT		Anna	Toni	Brandon	Jeremy
5:00	SPRINT		Alissa	Jason	Alissa	Jason
5:45	BODYCOMBAT		Fitzgerald	Kathleen	Kathleen	Amy F
5:45	RAISEDBARRE (S2)		Stephanie	Brandi	Stephanie	Cindy
5:45	SPIN		Jason	Alissa	Jason	Alissa
6:45	BODYPUMP		Brandon	Amy G	Cindy	Cindy
6:45	POWER YOGA (S2)		JoLynn	JoLynn	JoLynn	JoLynn
AQUATICS						
9:00	AQUA FITNESS		Beverly	Beverly	Beverly	Beverly
10:15	FLUID MOTION		Lil	Lil	Lil	Lil
5:45	AQUA FITNESS		Maria	Maria	Maria	Maria
TUESDAY			5-Jan	12-Jan	19-Jan	26-Jan
5:30	YOGA SCULPT (S2)		Jennifer L	Jennifer L	Sabrina	Jennifer L
6:00	SPIN		Nick	Nick	Nick	Nick
8:30	BODYSTEP		Kris	Amy F	Kris	TEAM LAUNCH
8:30	RAISEDBARRE (S2)		Susan M	Susan M	Susan M	Susan M
8:30	RPM SPIN		Amy G	Els	Anna	Els
9:30	BODYPUMP		Suzanne	Suzanne	Els	Anna
9:30	BODYFLOW (S2)		Kris	TEAM LAUNCH	Kris	Brandi
11:00	THERAPEUTIC YOGA		Michele A	Michele A	Michele A	Michele A
12:15	RAISEDBARRE (S2)		Michelle E	Michelle E	Michelle E	Michelle E
4:30	BODYPUMP		Jason	Anna	Pam	Amy G
5:30	CXWORX		Jason	Dina	TEAM LAUNCH	Morgan
5:45	SPIN		Ben	Jane G	Ben	Ben
6:00	BODYATTACK		Cindy	Dina	Cindy	Morgan
6:00	RAISEDBARRE (S2)		Brandi	Stephanie	Brandi	Stephanie
7:00	ZUMBA 🥰		Yesika	Maria	Yesika	Maria
AQUATICS						
9:00	AQUA FITNESS		Lil	Beverly	Beverly	Beverly
5:45	AQUA FITNESS		Lynn	Lynn	Lynn	Lynn
WEDNESDAY			6-Jan	13-Jan	20-Jan	27-Jan
5:30	PEDAL & PUMP		Amy G	Jeannie	Sarah N	Jeannie
7:30	RAISEDBARRE (S2)		Cindy	Ben	Amy F	Cindy
8:30	GRIT		Cindy	Anna	Amy G	Cindy
8:30	YOGA (S2)		Hyejin	Hyejin	Hyejin	Hyejin
9:00	SPRINT		Rachel	Alissa	Anna	TEAM LAUNCH
9:30	BODYPUMP		Sarah N	Alissa	Anna	Alissa
9:30	PILATES (S2)		Amanda	Amanda	Amanda	Amanda
10:30	LOW IMPACT SCULPT		Suzanne	Suzanne	Suzanne	Suzanne
10:30	RAISEDBARRE (S2)		Michelle C	Michelle C	Michelle C	Michelle C
12:15	YOGA SCULPT (S2)		Tyler P	Tyler P	Tyler P	Tyler P
4:45	BODYCOMBAT		Cindy	Fitzgerald	Dina	Cindy
5:00	SPRINT		Jason	Amy G	Jason	Jason
5:45	CXWORX		Jason	Cindy	Dina	Jason
5:45	SPIN		Jane G	Amy G	Jason	Jane G
5:45	POWER YOGA (S2)		JoLynn	JoLynn	JoLynn	JoLynn
6:15	BODYPUMP		Katie M	Cindy	Brandon	Amy G
AQUATICS						
9:00	AQUA FITNESS		Allison	Allison	Allison	Allison
10:15	FLUID MOTION		Michele A	Michele A	Michele A	Michele A

NEW
CLASS

THURSDAY			7-Jan	14-Jan	21-Jan	28-Jan
5:30	YOGA SCULPT (S2)		Sabrina	Sabrina	Sabrina	Sabrina
5:30	SPIN		Christi	Christi	Christi	Christi
6:30	CXWORX		Christi	Christi	Christi	Christi
8:30	BODYPUMP		Els	Alissa	Suzanne	Alissa
8:30	RAISEDBARRE (S2)		Michelle C	Michelle C	Michelle C	Michelle C
8:30	RPM SPIN		Jeannie	Amy G	TEAM LAUNCH	Anna
9:30	BUTTS N GUTS		Michelle C	Els	Michelle C	Michelle C
9:30	BODYFLOW (S2)		Joanna	Joanna	Joanna	Joanna
10:00	ZUMBA		Lindsay D	Lindsay D	Lindsay D	Yesika
12:15	RAISEDBARRE (S2)		Michelle E	Michelle E	Michelle E	Michelle E
4:30	BODYPUMP		Pam	Brandon	Morgan	Amy G
5:30	GRIT		Pam	Brandon	Jeremy	Amy G
5:30	RAISEDBARRE (S2)		Brandi	Stephanie	Stephanie	Harper
5:45	SPIN		Ben	Ben	Jeff R	Ben
6:00	BODYSTEP		Kris	Laura B	Brooke	Brooke
6:45	ZUMBA (S2)		Yesika	Yesika	Yesika	Yesika
AQUATICS						
9:00	AQUA FITNESS		Lynn	Lynn	Lynn	Lynn
5:45	AQUA FITNESS		Maria	Maria	Maria	Lil
FRIDAY		1-Jan	8-Jan	15-Jan	22-Jan	29-Jan
5:30	GRIT	Happy New Year! 8:30 Grit 45 min w/ Brandon 9:30 Pump w/Brandon R 10:30 Low Impact w/Kathy 9:00 Extreme Spin w/Alissa 9:30 Yoga w/Hyejin 9:00 Aqua Fitness w/Lil	Brandon	Brandon	Brandon	Brandon
6:00	INTENSE BODY		Jane G	Sarah N	Michelle E	Jane G
7:30	RAISEDBARRE (S2)		Amy F	Amy F	Cindy	Ben
8:30	BODYCOMBAT		Pam	Amy F	Kathleen	Lindsay D
8:30	SPIN		Christi	Michelle C	Alissa	Alissa
9:30	ZUMBA		Kathy	Amber	Amber	Amber
9:30	YOGA (S2)		JoLynn	Claire	JoLynn	Claire
9:45	SPRINT		Amy G	Amy G	Jeannie	Sarah N
10:30	LOW IMPACT		Amy G	Amy G	Toni	Kathy
12:15	Gentle YOGA (S2)		Hyejin	Kathy	Mary	Kathy
AQUATICS						
9:00	AQUA FITNESS		Beverly	Beverly	Beverly	Beverly
10:15	FLUID MOTION		Lynn	Lynn	Lynn	Lynn
SATURDAY		2-Jan	9-Jan	16-Jan	23-Jan	30-Jan
7:30	BODYPUMP	Jason	TEAM LAUNCH	Katie M	Amy G	Jason
8:30	BODYSTEP	Brooke	Cindy	Kris	Laura B	Kris
8:30	RAISEDBARRE (S2)	Michelle C	Sarah N	Ben	Stephanie	Harper
8:15	SPIN	Nick	Nick	Nick	Nick	Nick
9:30	BODYATTACK	Michelle C	Morgan	TEAM LAUNCH	Sarah N	Michelle C
9:30	RPM SPIN	Jeannie	Els	Anna	Els	Maria
9:30	PILATES (S2)	Cindy	Michelle E	Wenda	Michelle E	Kathy
10:30	BODYCOMBAT	Fitzgerald	Jessica	Pam	TEAM LAUNCH	Jessica
10:30	ADV. YOGA (S2)	Claire	Claire	Katie E	Mary	Katie E
AQUATICS						
9:00	AQUA FITNESS	Lil	Maria	Nancy	Lynn	Lynn
SUNDAY		3-Jan	10-Jan	17-Jan	24-Jan	31-Jan
1:30	BODYSTEP	Brooke	Cindy	Laura B	Amy F	Brooke
1:30	BODYFLOW (S2)	Cindy	Stephanie	Cindy	Brandi	Kris
1:30	RPM SPIN	Amy G	Maria	Els	Anna	Els
2:30	BODYPUMP	Morgan	Jason	Sarah N	Anna	Els
3:30	RAISEDBARRE (S2)	Sarah N	Brandi	Sarah N	Amy F	Harper

NEW TIME



LES MILLS

Quarterly Launch

JANUARY 2021

AT ALL THREE CLUBS

NEW MUSIC

NEW CHOREOGRAPHY

NEW INSPIRATION

Check the January Group Fitness Class Schedule for Dates and Times

SPORTSCLUB GREENVILLE

www.SportsclubSC.com

JANUARY 1, 2020
 CLUB HOURS:
 8:00am-5:00pm.
 Normal AM
 Childcare hours.
 No PM Childcare
 hours.