

Dynamic Health and Fitness (Charter Oak)

Group Fitness Schedule

SEPTEMBER 2019



	Time	Class	Instructor
Monday	5:30-6:30am	Spin	Ashley
	8:15-9:15am	Les Mills Body Pump	TK
	9:15-9:45am	Dynamic Body Sculpt	Diane
	9:45-10:15am	Dynamic Core	Diane
	4:30-5:30pm	Hustle Down	Various Instructor
	5:30-6:30pm	Les Mills Body Pump	Suzanne
Tuesday	Time	Class	Instructor
	5:30-6:15am	Dynamic Body Sculpt	Ashley
	8:15-9:15am	Dynamic Barre	Dawn
	9:15-9:45am	Dynamic Tread-Fit	Deborah
	9:15-10:15am	Yoga	Dawn
	4-4:30pm	Dynamic TRX	Dawn
	4:30-5:15pm	Dynamic HIIT Cycle	Trace
	5:30-6:30pm	Hustle Down	Various Instructor
	5:30-6pm	Dynamic Tread-Fit	Trace
6:30-7:30pm	Yoga	Dawn	
Wednesday	Time	Class	Instructor
	5:30-6:30am	Spin	Ashley
	8:15-9am	Dynamic HIIT Cycle	Melissa
	9:15-10:15am	Zumba	Katie
	4-4:45pm	Boot Camp	TK
	4:45-5:30pm	Dynamic TRX	Dawn
6:30-7:30pm	Les Mills Body Pump	Tessa	
Thursday	Time	Class	Instructor
	5:30-6:15m	Dynamic Body Sculpt	Ashley
	8:15-9:15am	Yoga	Dawn
	9:15-10:15am	Hustle Down	Various Instructor
	10:15-11am	Dynamic HIIT Cycle	Melissa
4:30-5:30pm	Dynamic Barre	Deborah	
Friday	Time	Class	Instructor
	5:30-6:30am	Spin	Ashley
	8:30-9am	Dynamic Tread-Fit	Tessa
	9:15-10:15am	Dynamic Barre	Deborah
10:15-11:15am	Zumba	Katie	
Saturday	Time	Class	Instructor
	8:30-9:30am	Les Mills Body Pump	Jade
	9:30-10:30am	Spin	Jade
	10:30-11:30	Zumba	Mary
10:30-11am	Dynamic Tread-Fit	Paul	
Sunday	Time	Class	Instructor
2-3pm	Yoga	Dawn	

www.DynamicHealthClub.com

265 Charter Oak Rd. Lexington, SC 29072

803-408-4060

Download our Club Life App in the App store or Google Play store to register for your favorite DGX classes

