

Dynamic Health and Fitness (Charter Oak)

Group Fitness Schedule

November 2019



Monday

Time	Class	Instructor
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
4-4:30pm	Dynamic Tread-Fit	Dawn
4:30-5:15pm	Dynamic HIIT Cycle	TK
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
9:15-10:15am	Yoga	Dawn
4:30-5:15pm	Dynamic HIIT Cycle	Trace
5:30-6:15pm	Dynamic Rhythm	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 Rhythm	Trace
5:30-6pm	Dynamic Tread-Fit	Trace
5:30-6:15pm	Dynamic HIIT Cycle	TK
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
8:30-9am	Dynamic Tread-Fit	Trace
9:15-10am	Dynamic Rhythm	Trace
4:30-5:30pm	Dynamic Barre	Deborah
6:30-7:30pm	Yoga	Dawn

Friday

Time	Class	Instructor
5:30-6:30am	Spin	Ashley
8:30-9am	Dynamic Tread-Fit	Tessa
9:15-10:15am	Dynamic Barre	Deborah

Saturday

Time	Class	Instructor
8:30-9:30am	Les Mills Body Pump	Jade
9:30-10:30am	Spin	Jade

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

