

Dynamic Health and Fitness (West Columbia) Group Fitness Schedule November 2019



Monday

Time	Class	Instructor
5:30-6:15am	Dynamic Barbell Bootcamp	Kyle
9:15-10:15am	Yoga	Kate
5:30-6:30pm	Step	Linda
6-7pm	Spin	Jessica

Tuesday

Time	Class	Instructor
5:30-6am	Dynamic Tread-Fit	Diane
6-6:45am	Spin	Phyllis
8:15-9:15am	Les Mills Body Pump	Gabbie
9:15-9:45am	Dynamic Tread-Fit	Diane
6-7pm	Spin	Jade
6:30-7:30pm	Dynamic Barre	Diane

Wednesday

Time	Class	Instructor
5:30-6am	Dynamic Body Sculpt	Diane
6-6:30am	Dynamic CORE	Diane
8:15-9:15am	Dynamic HIIT	Ashley
9:15-10:15am	Dynamic Barre	Deborah
5:30-6:30pm	Les Mills Body Pump	Jade

Thursday

Time	Class	Instructor
5:30-6am	Dynamic Tread-Fit	Diane
6-6:45am	Spin	Phyllis
8:15-9am	Dynamic Body Sculpt	Diane
9:15-9:45am	Dynamic Tread-Fit	Diane
5:30-6:30pm	Les Mills Body Attack	Linda
6-7pm	Spin	Jessica

Friday

Time	Class	Instructor
5:30-6:15am	Dynamic Barbell Bootcamp	Kyle
8:15-9am	Dynamic Body Sculpt	Diane
9:15-9:45am	Dynamic Tread-Fit	Diane

www.DynamicHealthClub.com
3225 Sunset Blvd. West Columbia, SC 29169
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Download our Club Life App in the App store or Google Play store to register for your favorite DGX classes

