

Dynamic Health and Fitness – West Columbia

Group Fitness Schedule January 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	<i>Dynamic Barbell Bootcamp</i> Kyle	<i>Dynamic Tread-Fit</i> Diane	<i>Dynamic Body Sculpt</i> Diane	<i>Dynamic Tread-Fit</i> Diane	<i>Dynamic Barbell Bootcamp</i> Kyle
8:15am		<i>Body Pump</i> <i>Les Mills</i> Gabbie			Yoga Kate
9:15am		<i>Dynamic Tread-Fit</i> Diane	<i>Dynamic Barre</i> Deborah	<i>Dynamic Tread-Fit</i> Diane	<i>Dynamic Tread-Fit</i> Diane
5:30pm	Step Linda		<i>Body Pump</i> <i>Les Mills</i> Jade	<i>Body Attack</i> <i>Les Mills</i> Linda	
6:30pm		<i>Dynamic Barre</i> Diane	ZUMBA COURTNEY		

6 am

Spin
Phyllis

Spin
Phyllis

6 pm

Spin
Jessica

Spin
Jessica

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

