

# Dynamic Health and Fitness (Charter Oak)

## Group Fitness Schedule

### May 2019



Monday

Time	Class	Instructor
5:30-6:30am	Spin	Ashley
9:15-9:45am	Dynamic Body Sculpt	Diane
9:45-10:15am	Dynamic Core	Diane
4:30-5:30pm	Hustle Down	Heather
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
4:30-5:15pm	Dynamic HIIT Cycle	Trace
5:30-6:30pm	Hustle Down	Heather
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	Lacey
4:30-5pm	Dynamic Body Sculpt	Dawn
5-5:30pm	Dynamic CORE	Dawn
6:30-7pm	Dynamic Tread-Fit	Dawn
6:30-7:30pm	Les Mills Body Pump	Tessa
7:30-8:30pm	Hustle Down	Heather

Thursday

Time	Class	Instructor
5:30-6:15m	Dynamic Body Sculpt	Ashley
8:15-9:15am	Yoga	Dawn
9:15-10:15am	Hustle Down	Heather
10:15-11am	Dynamic HIIT Cycle	Melissa
4:30-5:30pm	Dynamic Barre	Deborah
4:30-5pm	Dynamic Tread-Fit	Trace
6:30-7pm	Dynamic QUICK HIIT Cycle	Trace

Friday

Time	Class	Instructor
5:30-6:30am	Spin	Ashley
8:15-9:15am	Les Mills Body Pump	Gabbie
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
10:30-11:30	Zumba	Courtney
10:30-11am	Dynamic Tread-Fit	Paul

Sunday

Time	Class	Instructor
2-3pm	Yoga	Dawn

[www.DynamicHealthClub.com](http://www.DynamicHealthClub.com)

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