

# Dynamic Health and Fitness (West Columbia) Group Fitness Schedule May 2019



Monday

Time	Class	Instructor
5:30-6:15am	Dynamic Barbell Bootcamp	Kyle
8:15-8:45am	Dynamic Kettlebell 1	Kyle
9:15-10:15am	Zumba	Melissa
5:30-6:30pm	Step	Linda
6-7pm	Spin	Jessica
6:30-7:30pm	Les Mills Body Pump	Jade

Tuesday

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
5-5:30pm	Dynamic Kettlebell 2	Kyle
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
8:15-8:45am	Dynamic Kettlebell 1	Kyle
9:15-10:15am	Dynamic Barre	Deborah
5:30-6:30pm	Les Mills Body Pump	Jade

Thursday

Time	Class	Instructor
6-6:45am	Spin	Phyllis
8:15-9am	Dynamic Body Sculpt	Diane
9:15-9:45am	Dynamic Tread-Fit	Diane
5-5:30pm	Dynamic Kettlebell 2	Kyle
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
8:15-8:45am	Dynamic Kettlebell 1	Kyle
8:45-9:30am	Zumba	Melissa
9:30-10:30am	Dynamic Barre	Diane

Saturday

Time	Class	Instructor
8:30-9am	Dynamic Kettlebell 1	Kyle
10-11am	Zumba	Mary

[www.DynamicHealthClub.com](http://www.DynamicHealthClub.com)  
3225 Sunset Blvd. West Columbia, SC 29169  
803-408-4101