



S E A C O A S T  
SPORTS CLUB  
ATLANTIC GROUP FITNESS SCHEDULE

11/19/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am		RPM Maggie	BODYPUMP 45 mins Maggie		BODYCOMBAT Jocelyn			
6:00am	<b>BARRE</b> FUSION June			<b>CORE FUSION</b> June				
7:30am	<b>tone</b> Katie	BODYPUMP Allison O.	20/20/20 June	BODYSTEP Giovanna	BODYFLOW Allison O.	7:30am	BODYSTEP 7:30am 30 min Olivia	
8:30am	Functional Strength for Athletes Jen		<b>BARRE</b> Melanie/Olivia	<b>30 IN 30</b> Jeff		8:00am	BODYPUMP 8am Denise	<b>GENTLE YOGA</b> Colleen
9:15am	SPIN Carla	BODYPUMP CXWORX Danielle	RPM Allison O.	SPIN Allison Q.	BODYPUMP 45 min Danielle	9:00am	BODYCOMBAT 9am Denise	<b>CIZE</b> Adrienne
	<b>TOTAL BODY</b> 9:30am Jeff			CXWORX BODYFLOW 30/30 Olivia	SPIN Carla		RPM 9am Mariah	
10:30am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie	10:00am	<b>YOGA-</b> Intermediate Linda/Laurel	<b>PURE MUSCLE</b> Adrienne
NOON		<b>Power Yoga</b> 12:15pm Teresa		<b>Yoga -</b> Intermediate Linda		PLEASE MAKE NOTE OF WEEKEND CLASS TIMES		
4:00pm			<b>HAMPTON PT</b> Pilates Remix Becca					
5:15pm	<b>CARDIO DANCE</b> Adrienne	RPM Mariah	<b>CIZE</b> Adrienne	BODYPUMP Mariah	Gentle Yoga Linda			
					RPM Mariah			
6:15pm	BODYPUMP 45 min Jenna	20/20/20 Allison Q.	<b>PURE MUSCLE</b> Adrienne	BODYCOMBAT Denise				
7:15pm	<b>HAMPTON PT</b> Pilates Remix Becca							

**GROUP TRAINING** \*see front desk for pricing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:15am					<b>Some Like it Fit</b> Jen	8:15am	<b>Some Like it Fit</b> Jen	
8:30am		<b>Some Like it Fit</b> Jen						
9:15am	<b>6 WEEK SLIM DOWN</b> Danielle			<b>6 WEEK SLIM DOWN</b> Danielle				
5:30pm		<b>HIIT</b> Denise		<b>HIIT</b> Denise				

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