



GOOSE CREEK CLASS SCHEDULE

TIME	M	T	W	TH	F	SA
9:00 AM	Stations Val	Total Body Conditioning Val	P90X Val	Plyo Val		Insanity Val
5:45 PM	15 Minute Solo Warm-up Recommended	15 Minute Solo Warm-up Recommended	15 Minute Solo Warm-up Recommended	15 Minute Solo Warm-up Recommended		
6:00 PM	Insanity Val	P90X Val	Combo: Insanity Total Body Conditioning Val	Plyo Val		

DESCRIPTION OF CLASSES

INSANITY: Your body will supply the resistance and weight to burn more calories than your thought possible.

P90X: Training program that uses cross-training and periodization.

PLYO: Exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power

TOTAL BODY CONDITIONING: Targeted body exercises incorporating dumbbells, step, balls and other equipment.

STATIONS: Various exercises set up to create a sculpted body.

BUSINESS HOURS

Monday - Friday

8am - 8pm

Saturday

8am - 5pm

Sunday

Noon - 5pm

All BOLD FITNESS classes are included with the VIP membership

Please see BOLD FITNESS SCHEDULE CLASS SCHEDULE for additional classes



SUMMERVILLE CLASS SCHEDULE

TIME	M	T	W	TH	F	SA	SU
9:00 AM	Cycling Tiffany	Kettlebell AMPD Brandi E.	Cycling Mehndi	Zumba Laura	Yoga Joe	Kettlebell AMPD Tiffany	
10:00 AM					Dance Fitness Ryan	Zumba Laura	
12:00 PM	See Black Force MMA schedule for paid classes		See Black Force MMA schedule for paid classes			*Zumbini Carroll	
2:00 PM to 4:30 PM							Kendo Ed
4:30 PM		All Levels Flow Yoga Jessica					
4:45 PM			All Levels Flow Yoga Jessica (30 minutes)				
5:30 PM	Cycling Vern	Kettlebell AMPD & Resistance Debbie	Cycling Vern	Dance Fitness Brandi F.	See Black Force MMA schedule for paid classes		
6:30 PM	WerQ Carroll	Zumba Laura	Dance Fitness Ryan	Kettlebell AMPD Wendy	See Black Force MMA schedule for paid classes		
7:30 PM	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes		
8:30 PM	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes	See Black Force MMA schedule for paid classes				

All BOLD FITNESS classes are included in the VIP membership

*Zumbini is a paid class through Zumba

Please see BOLD FITNESS BLACK FORCE MMA CLASS SCHEDULE for Martial Arts Pricing