



GOOSE CREEK CLASS SCHEDULE

TIME	M	T	W	TH	F	SA
9:00 AM	Build and Burn Jackie					
6:00 PM	Kettlebell Wendy	P90X Val	Kettlebell Wendy	Insanity Val		

DESCRIPTION OF CLASSES

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

KETTLEBELL AMPD: Heart pumping music with each song focusing on a main area, while still maintaining a full body workout.

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

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 NEXTON CLASS SCHEDULE for additional classes



NEXTON CLASS SCHEDULE

TIME	M	T	W	TH	F	SA	SU
5:00 AM	Flow Yoga Jessica						
5:30 AM			Cycling Tiffany				
9:00 AM	Barre Debbie	PomSquad Debbie	Zumba Melanie	WERQ Debbie	Yoga Joe	Kettlebell AMPD Tiffany	
10:00 AM	WERQ Brandi E	AMPD Powerflow Fallon	Zumba Strong Melanie	Kettlebell AMPD Brandi E	Dance Fitness Ryan	Zumba Laura	Cycling Tiffany
11:00 AM	See Black Force MMA schedule for paid classes		See Black Force MMA schedule for paid classes				Coming Soon PomSquad Tiffany
12:00 PM						*Zumbini Carroll	
2:00 -4:30							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	Zumba Step Laura	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	AMPD Fusion Dee Dee		
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			
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				