

# Dynamic Health and Fitness (West Columbia) Group Fitness Schedule January 2018



Monday

Time	Class	Instructor
5:30-6:15am	Barbell Bootcamp	Kyle
8:15-9:15am	Butts and Guts	Ashlee
9:15-10:15am	Yoga	Allison
5:30-6:30pm	Step	Linda
6-7pm	Spin	Jessica
6:30-7:30pm	Les Mills Body Pump	Jade

Tuesday

Time	Class	Instructor
6-6:45am	Spin	Phyliss
8:15-9am	Dynamic Body Sculpt	Diane
9:15-9:45am	Dynamic Treadfit	Diane
5-5:30pm	Kettlebell Conditioning	Kyle
5:30-6:30pm	Zumba	Rachel-Elise
6-7pm	Spin	Jade
6:30-7:30pm	Barre	Diane

Wednesday

Time	Class	Instructor
5:30-6:15am	Dynamic Body Sculpt	Diane
8:15-8:45am	Kettlebell Conditioning	Kyle
9:15-10:15am	Barre	Amy
4:30-5:30pm	Butts and Guts	Kendall
5:30-6:30pm	Les Mills Body Pump	Jade
6:30-7:15pm	Dynamic Body Sculpt	Diane

Thursday

Time	Class	Instructor
6-6:45am	Spin	Phyliss
8:15-9am	Dynamic Body Sculpt	Diane
9:15-9:45am	Dynamic Treadfit	Diane
5:30-6:30pm	Les Mills Body Attack	Linda
6-7pm	Spin	Jessica
6:30-7:30pm	Yoga	Allison

Friday

Time	Class	Instructor
5:30-6:15am	Barbell Bootcamp	Kyle
8:15-8:45am	Kettlebell Conditioning	Kyle
9:15-10:15am	Barre	Amy
5:30-6:30pm	Zumba	Lacey
6:30-7:30pm	Yoga	Amanda

Saturday

Time	Class	Instructor
8:30-9am	Kettlebell Conditioning	Kyle
9:30-10:30am	Zumba	Mary
10:30-11:30am	Yoga	Allison

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

3225 Sunset Blvd. West Columbia, SC 29169

803-408-4101

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