
















Fitness Zone Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am PILATES					
8:30am YOGA	8:30am HIIT	8:30am 	8:30am 		8:00am YOGA
9:30am 				9:30am STEP	9:00am 
	10:30am 	10:30am 	10:30am 		
	4:15pm 	4:15pm 			
5:30pm 	5:30pm STEP	5:30pm CARDIO SCULPT	5:30pm YOGA	5:45pm 	
6:30pm 	6:45pm 	6:45pm 	6:30pm 		

(CHILD CARE AVAILABLE DURING MOST CLASS TIMES)

HOURS: Monday - Thursday: 5am – 9pm / Friday: 5am – 8pm / Saturday: 7am – 6pm / Sunday: 12pm – 6pm

803-438-3811 / www.fitnesszonelugoff.com