

# MaxFitness Group Exercise Schedule - North Augusta



GGX Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am								
	8:30am		SoulBody		YOGA	SoulBody EXPRESS		XTREME HIP-HOP STEP	1st, 3rd & 5th Saturday
	9:00am	LES MILLS BODY PUMP		LES MILLS BODY PUMP		LES MILLS BODY PUMP	9:00am		ZUMBA
	10:00am								
	5:00pm						10:00am	LES MILLS GRIT   STRENGTH	
	5:30pm	LES MILLS BODYSTEP	LES MILLS BODY PUMP	LES MILLS BODYSTEP	LES MILLS BODY PUMP				
	6:30pm	LES MILLS GRIT   STRENGTH	ZUMBA	LES MILLS GRIT   STRENGTH	ZUMBA				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
5:30am									
9:00am						Cycle	8:30 AM	LES MILLS RPM	
6:00pm	LES MILLS RPM		LES MILLS RPM						
6:30pm									

Please feel free to leave comments, questions, and/or concerns in our Suggestion Box. Thank you!