

Omni Health & Fitness Center

Greenwood, SC 864-229-7500

Group Schedule February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am-KICK-Jannelle 10am-Zumba-Jannelle 11:10 FLOW-Brigitte 4:30pm-BodyPump-Brigitte 5:45pm- T-N-T-Dewayne 6:45 SPIN Debbie	2 9am- Bfit & Strong Colleen 10:10 H.I.I.T Cycle30 4:30pm- Step -Jannelle 5:30pm-BodyPump-Jannelle	3 9 am BodyPump Colleen 10:15 Attack Cardio- Colleen
5 9am PIYO Jannelle 10:15am -T-N-T Senior 11:10am H.I.I.T Cycle30 4:30pm-R.I.P.P.E.D- colleen 5:30pm-Cardio Core-Colleen 5:45 H.I.I.T Cycle30 6:30 Strong & Calm Carrie	6 9am- Body Pump-Brigitte 10:15:Flow-Brigitte 4:30pm- Sweat & Sculpt-Colleen 5:45pm- T-N-T-Dewayne 6:45 ZUMBA Jannelle	7 9 am - Step-Jannelle 10:15am -TNT SR- Colleen 11:10am H.I.I.T Cycle30 4:30pm ATTACK Brigitte 5:45pm-Bootcamp Colleen 5:45pm-SPIN Dewayne	8 9am-KICK-Jannelle 10am-Zumba-Jannelle 11:10 FLOW-Brigitte 4:30pm-BodyPump-Brigitte 5:45pm- T-N-T-Dewayne 6:45 H.I.I.T Cycle30	9 9am- Bfit & Strong Colleen 10:10 H.I.I.T Cycle30 4:30pm- Step -Jannelle 5:30pm-BodyPump-Jannelle	10 9 am Power Pump Colleen 10:15 H.I.I.T Cycle30 -Brigitte
12 9am PIYO Jannelle 10:15am -T-N-T Senior 11:10am H.I.I.T Cycle30 4:30pm-R.I.P.P.E.D- colleen 5:30pm-Cardio Core-Colleen 5:45 H.I.I.T Cycle30 6:30 Strong & Calm Carrie	13 9am- Body Pump-Brigitte 10:15:Flow-Brigitte 4:30pm- Sweat & Sculpt-Colleen 5:45pm- T-N-T-Dewayne 6:45 ZUMBA Jannelle	14 9 am - Step-Jannelle 10:15am -TNT SR- colleen 11:10am H.I.I.T Cycle30 4:30pm ATTACK Brigitte 5:45pm-SweatShop Colleen 5:45 H.I.I.T Cycle30	15 9am-KICK-Jannelle 10am-Zumba-Jannelle 11:10 FLOW-Brigitte 4:30pm-BodyPump-Brigitte 5:45pm- T-N-T-Dewayne 6:45 H.I.I.T Cycle30	16 9am- Bfit & Strong Colleen 10:10 H.I.I.T Cycle30 4:30pm- Step -Jannelle 5:30pm-BodyPump-Jannelle	17 9 am BodyPump Colleen 10:15 Attack Cardio- Colleen
19 9am PIYO Jannelle 10:15am -T-N-T Senior 11:10am H.I.I.T Cycle30 4:30pm-R.I.P.P.E.D- colleen 5:30pm-Cardio Core-Colleen 5:45 H.I.I.T Cycle30 6:30 Strong & Calm Carrie	20 9am- Body Pump-Brigitte 10:15:Flow-Brigitte 4:30pm- Sweat & Sculpt-Colleen 5:45pm- T-N-T-Dewayne 6:45 ZUMBA Jannelle	21 9 am - Step-Jannelle 10:15am -TNT SR- Colleen 11:10am H.I.I.T Cycle30 4:30pm ATTACK Brigitte 5:45pm-Bootcamp Colleen 5:45pm-SPIN Dewayne	22 9am-KICK-Jannelle 10am-Zumba-Jannelle 11:10 FLOW-Brigitte 4:30pm-BodyPump-Brigitte 5:45pm- T-N-T-Dewayne 6:45 H.I.I.T Cycle30	23 9am- Bfit & Strong Colleen 10:10 H.I.I.T Cycle30 4:30pm- Step -Jannelle 5:30pm-BodyPump-Jannelle	24 9 am Power Pump Colleen 10:15 H.I.I.T Cycle30 -Brigitte
26 9am PIYO Jannelle 10:15am -T-N-T Senior 11:10am H.I.I.T Cycle30 4:30pm-R.I.P.P.E.D- colleen 5:30pm-Cardio Core-Colleen 5:45 H.I.I.T Cycle30 6:30 Strong & Calm Carrie	27 9am- Body Pump-Brigitte 10:15:Flow-Brigitte 4:30pm- Sweat & Sculpt-Colleen 5:45pm- T-N-T-Dewayne 6:45 ZUMBA Taja	28 9 am - Step-Jannelle 10:15am -TNT SR- Colleen 11:10am H.I.I.T Cycle 4:30pm ATTACK Brigitte 5:45pm-SweatShop Colleen 5:45pm-H.I.I.T. Cycle30			Kids Club Hours Mon-Fri 8am-12pm 4pm-8pm Saturday 8am-12