

James Island Fitness Classes

1088 Quail Dr
Charleston, SC 29412
843-795-5678



May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Aerobics 5:35pm-6:35pm	2 Aerobics 8:45am-9:45am Yoga 5:45pm-6:45pm Capoeira 6:30-8pm	3	4 Aerobics 9:30am-10:30am Capoeira 10:30am-12pm
5 Open Gym	6 Aerobics 5:35pm Teen Yoga 6:35pm	7 Aerobics 8:45am Yoga 6pm Zumba 7:30pm Capoeira 6:30-8pm	8 Aerobics 5:35pm-6:35pm	9 Aerobics 8:45am-9:45am Yoga 5:45pm-6:45pm Capoeira 6:30-8pm	10	11 Aerobics 9:30am-10:30am Capoeira 10:30am-12pm
12 Open Gym	13 Aerobics 5:35pm Teen Yoga 6:35pm	14 Aerobics 8:45am Yoga 6pm Zumba 7:30pm Capoeira 6:30-8pm	15 Aerobics 5:35pm-6:35pm	16 Aerobics 8:45am-9:45am Yoga 5:45pm-6:45pm Capoeira 6:30-8pm	17	18 Aerobics 9:30am-10:30am Capoeira 10:30am-12pm
19 Open Gym	20 Aerobics 5:35pm Teen Yoga 6:35pm	21 Aerobics 8:45am Yoga 6pm Zumba 7:30pm Capoeira 6:30-8pm	22 Aerobics 5:35pm-6:35pm	23 Aerobics 8:45am-9:45am Yoga 5:45pm-6:45pm Capoeira 6:30-8pm	24	25 Aerobics 9:30am-10:30am Capoeira 10:30am-12pm
26 Open Gym	27 Closed	28 Aerobics 8:45am Yoga 6pm Zumba 7:30pm Capoeira 6:30-8pm	29 Aerobics 5:35pm-6:35pm	30 Aerobics 8:45am-9:45am Yoga 5:45pm-6:45pm Capoeira 6:30-8pm	31	