

James Island Fitness Classes

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



February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Aerobics 5:35pm	2 Aerobics 8:45am Yoga 5:45pm Capoeira 6:30pm Zumba 7pm	3	4 Aerobics 9:30am Kid's Capoeira 10:30am–11:15am Capoeira 11am–1pm
5 Closed	6 Aerobics 5:35pm	7 Aerobics 8:45am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	8 Aerobics 5:35pm	9 Aerobics 8:45am Yoga 5:45pm Capoeira 6:30pm Zumba 7pm	10	13 Aerobics 9:30am Kid's Capoeira 10:30am–11:15am Capoeira 11am–1pm
12 Closed	13 Aerobics 5:35pm Mom and Me Yoga 9am	14 Aerobics 8:45am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	15 Aerobics 5:35pm	16 Aerobics 8:45am Yoga 5:45pm Capoeira 6:30pm Zumba 7pm	17	18 Aerobics 9:30am Kid's Capoeira 10:30am–11:15am Capoeira 11am–1pm
19 Closed	20 Facility Closed	21 Aerobics 8:45am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm	22 Aerobics 5:35pm	23 Aerobics 8:45am Yoga 5:45pm Capoeira 6:30pm Zumba 7pm	24	25 Aerobics 9:30am Kid's Capoeira 10:30am–11:15am Capoeira 11am–1pm
26 Closed	27 Aerobics 5:35pm Mom and Me Yoga 9am	28 Aerobics 8:45am Yoga 6pm Capoeira 6:30pm Zumba 7:30pm				