



Omni Beaufort

Group Class Schedule

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:45 a.m.	S.P.A.. (SPIN PLUS ABS) <i>TY</i>		HIIT IT <i>TY</i>		S.n.U.B. (Spin n upper body) <i>TY</i>	
8:30 a.m.	Muscle Up <i>ANNE</i>	Cycle Plus <i>ANNE</i>	**8:45am** R.I.P.P.E.D. <i>JESSIE</i>	Cycle Plus <i>ANNE</i>	Muscle Up <i>ANNE</i>	All Level Cycle <i>WENDI/ RYANNE</i>
9:30 a.m.	Synrgy <i>Cali</i>	Yoga Core Fusion <i>GLENDA</i>	Synrgy <i>Cali</i>	Zumba <i>SARAH</i>	Yoga Core Fusion <i>GLENDA</i>	9:00 a.m. Cardio Burn <i>SUSAN</i>
10:00 a.m.	Zumba <i>SARAH</i>		Zumba <i>Erin</i>			
4:30 p.m.		4:30-5:15 p.m. All level cycle <i>WENDI</i>		4:30-5:15 p.m. All level cycle <i>WENDI</i>		
5:30 p.m.	Cycling <i>Stephanie</i>				Happy Hour R.I.P.P.E.D. <i>JESSIE</i>	
6:00 p.m.			R.I.P.P.E.D. <i>JESSIE</i>			

Omni Hours

Monday - Thurs 5:00 a.m. to 10 p.m.
****Friday Close at 7:00 p.m.****
 Saturday 7:00 a.m. to 6:00
 p.m.
 Sunday 1:00 p.m. to 6:00

OMNI HEALTH & FITNESS CENTER

2127 18-B BOUNDARY STREET
 BEAUFORT, SC 29902

*You can now find our schedule on
mindbodyonline.com*

Kids Zone Hours

Monday - Thurs 8:00 a.m. to 12:00 p.m.
 4:00 p.m. to 7:00 p.m.
 Friday 8:00 a.m. to 12:00 p.m.
 Saturday 8:00 a.m. to 12:00 a.m.