



Empire Group Fitness Schedule

Empire Barbell
 4350 St Andrews Rd
 Columbia, SC 29210
 803-551-2700

www.embirebarbellsc.com

MORNING						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM		Zumba® w/Shyra	Empire Strength w/Sydney	Zumba® w/Shyra	Empire Strength w/Sydney	
10:00 AM						Instructor Rotation <u>Summer Schedule:</u> First Saturday Last Saturday
10:30 AM	Empire Dance w/Trace	Yoga w/Tracy	Pilates w/Christine	Yoga w/Tracy		
EVENING						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 PM		Bootcamp (Turf) w/Sydney		Bootcamp (Turf) w/Sydney		
5:30 PM		HIIT Cycle(Cycle Studio) w/T.K.		HIIT Cycle(Cycle Studio) w/T.K.		
5:45 PM	HIIT(Main Studio) w/Tessa					
6:30 PM		Stretch Therapy w/Dante **Registration Required		Stretch Therapy w/Dante **Registration Required		