



**CRESCENT  
FITNESS**

*physical. Mental. CHANGE*

843-795-7119 | 719 FOLLY ROAD UNIT C, JAMES ISLAND, SC 29412

RYANMCCLURE@CRESCENTFITNESS.COM | WWW.CRESCENTFITNESS.COM

Times	Mon	Tue	Wed	Thu	Fri	Sat
6:00 - 7:00am	<b>Spartan</b>		<b>Spartan</b>		<b>Spartan</b>	
7:00 - 8:00am	<b>PT</b>		<b>PT</b>		<b>PT</b>	<b>PT</b>
8:00 - 9:00am	<b>PT</b>		<b>PT</b>		<b>PT</b>	<b>PT</b>
9:00 - 10:00am	<b>PT</b>		<b>PT</b>		<b>PT</b>	
10:00 - 11:00am						Beginner <b>Muay Thai</b>
11:00 - 12:00pm						<b>Open Gym</b>
4:00 - 5:00pm						
5:00 - 6:00pm	Beginner <b>H.I.T.</b>	Beginner <b>Muay Thai</b>	Beginner <b>H.I.T.</b>	Beginner <b>Muay Thai</b>	Beginner <b>H.I.T.</b>	
6:00 - 7:00pm	<b>H.I.T.</b>	<b>H.I.T.</b>	<b>Kettlebell Core (30 min)</b>	<b>H.I.T.</b>		
7:00 - 8:00pm		Beginner <b>Muay Thai</b>		Beginner <b>Muay Thai</b>		
8:00 - 9:00pm						