Mauldin Sports Center
November 2026



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Social Media: Mauldin Sports Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
30 5:35 Step Cardio AD 8:35 Cardio and Core AD 9:45 Zumba PD 10:45 Yoga KW 12:00 Switching DM 5:00 CYCLE RM/AD 6:00 B-B-B RM 7:00 Restorative Yoga JS					**1** 1:15pm Essentrics BC 2:30pm Tai Chi MQ
2 5:35 Power Attack AD 8:35 Barre Bootcamp AD 9:45 Zumba PD 12:00 Switching DM 5:00CYCLE & Sculpt AD 6:00 All Ball RM 7:00 Restorative Yoga JS	**3** 5:35 Lift and Shift CIRCUIT KA 8:35 Bodyrock kickboxing RC 9:45 Cycle & Sculpt AD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio DK 6:00 Cardio & Core RM	**4** 5:35 Strength Training AD 8:35 Bells and Bars AD 9:00 Beginner Line Dancing JM 10:00High Beginner Line Dancing 9:45 Essentrics BC 12:00 Switching DM 1:30 Essentrics BC 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT KA 7:00 Tai Chi MQ	**5** 5:35 EMOM AD 8:35 Pound® AD 9:45 Step Cardio DK 9:45 Zumba PD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga TB 5:00 Cycle KA 6:00 Strength Training KA	**6** 5:35 Step and Strength AD 8:35 Bodyrock kickboxing RC 9:00 Beginner Line Dancing JM 10:00 High Beginner Line Dancing 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	**7** 8:35 Barreless Barre AD 9:45 Step Cardio DK **8** 1:15pm Essentrics BC 2:30pm Tai Chi MQ
9 5:35 Step Cardio AD 8:35 Cardio and Core AD 9:45 Zumba PD 10:45 Yoga KW 12:00 Switching DM 5:00 CYCLE RM/AD 6:00 Strength and Sculpt RM 7:00 Restorative Yoga JS	**10** 5:35 Lift and Shift CIRCUIT KA 8:35 Bodyrock kickboxing RC 9:45 Cycle & Sculpt AD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio DK 6:00 Boot Camp RM	**11** Closed - Veterans Day	**12** 5:35 Boot Camp AD 8:35 Pound® AD 9:45 Step Cardio DK 9:45 Zumba PD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga TB 5:00 Cycle KA 6:00 Strength Training KA	**13** 5:35 20-20-20 AD 8:35 Bodyrock kickboxing RC 9:00 Beginner Line Dancing JM 10:00 High Beginner Line Dancing 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	**14** 8:35 Power Yoga JS 9:45 No Class Today **15** 1:15pm Essentrics BC 2:30pm Tai Chi MQ

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
16 5:35 B-B-B Circuit AD 8:35 Core Fusion AD 9:45 Zumba PD 10:45 Yoga KW 12:00 Switching DM 5:00 CYCLE & Sculpt RM/AD 6:00 Heavy Strength RM 7:00 Restorative Yoga JS	**17** 5:35 Interval CIRCUIT AD 8:35 Bodyrock kickboxing RC 9:45 Cycle & Sculpt AD 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio DK 6:00 Athletic Conditioning RM	**18** 5:35 Kettlebell AMPD ® AD 8:35 Strength and Sculpt AD 9:00 Beginner Line Dancing JM 9:45 Essentrics BC 10:00High Beginner Line Dancing 12:00 Switching DM 1:30 Essentrics BC 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT RM 7:00 Tai Chi MQ	**19** 5:35 HIIT AD 8:35 Pound® AD 9:45 Step Cardio DK 9:45 Zumba PD 10:45 SilverSneakers® circuit DM 11:45 Chair Yoga TB 5:00 Cycle KA 6:00 Strength Training KA	**20** 5:35 Sculpting AD 8:35 Bodyrock kickboxing RC 9:00 Beginner Line Dancing JM 10:00 High Beginner Line Dancing 9:45 Essentrics BC 11:00 Senior Yoga NJ 5:45 Restorative Yoga JS	**21** 8:35 Mobility Sculpt AD 9:45 Step Cardio DK **22** 1:15pm Essentrics BC 2:30pm Tai Chi MQ
23 5:35 Cycle KA 8:35 Cardio and Core RM 9:45 Zumba PD 10:45 Yoga KW 12:00 Switching DM 5:00 CYCLE RM 6:00 Lower Body Lift RM 7:00 Restorative Yoga JS	**24** 5:35 Lift and Shift CIRCUIT KA 8:35 Bodyrock kickboxing RC 9:45 Cycle & Sculpt RM 10:45 Silver Sneakers® circuit DM 11:45 Chair Yoga RC 12:35 Tai Chi RC 5:00 Step Cardio DK 6:00 20-20-20 RM	**25** 5:35 Boot Camp KA 8:35 Strength Training RM 9:00 Beginner Line Dancing JM 10:00High Beginner Line Dancing 9:45 Essentrics BC 12:00 Switching DM 1:30 No class today 5:00 CYCLE LN 6:00 Lift and Shift CIRCUIT KA 7:00 No class tonight	**26** Closed- Happy Thanksgiving	**27** 5:35 Bodyweight Conditioning AD 8:35 Step and Strength AD 9:45 No Class Today 11:00 No Class Today 5:45 Restorative Yoga JS	**28** 8:35 Power Yoga JS 9:45 Zumba PD **29** 2:30 Tai Chi MQ

NEW CLASSES:

Tai Chi

Wednesdays at 7:00pm

Sundays at 2:30pm

Line Dancing

Wednesdays and Fridays

Beginninger Line Dancing – 9:00am

High Beginner Line Dancing – 10:00am

Instructor List:

AD.....Amanda
BC.....Bec
DK.....David
DM.....Dianne
JB.....Joy
JM.....Jana
JS.....Jenny
KA.....Kris
LN.....Liza
MQ.....Mike
NJ.....Nicole
PD.....Pam
RC.....Rebecca
RM.....Renae
RC.....Robin

Mauldin SPORTS CENTER

Questions: Please contact Amanda Duffie - aduffie@mauldinrecreation.com or 864-335-4858.