


TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 am	FREESTYLE CYCLE LIZ	GROUP POWER MICHELLE	GROUP RIDE KELLY	GROUP POWER MICHELLE	GROUP RIDE ADANNA/MICHELLE		
7:30 am	GROUP POWER MICHELLE		GROUP POWER KELLY				
8:30 am	GROUP RIDE DONNA ZUMBA ANN	GROUP POWER SUE	GROUP RIDE MICHELLE GROUP KICK CHRISTEN	GROUP POWER DONNA	GROUP RIDE KELLY FREESTYLE STEP CAROL	GROUP RIDE MICHELLE ZUMBA ANN	
9:30 am	GROUP POWER DONNA	GROUP RIDE MICHELLE GROUP KICK CHRISTEN	GROUP POWER MICHELLE	GROUP RIDE DONNA GROUP KICK SUE	GROUP POWER CAROL	GROUP POWER FAWN	GROUP POWER SOPHIE
10:30 am	GROUP CENTERGY JILL	ZUMBA HOLLY	Yoga JILL	ZUMBA ANN	GROUP CENTERGY CHRISTEN	GROUP KICK FAWN	GROUP RIDE SOPHIE GROUP STEP MAGGIE
11:40 am	The Silver Sneakers Fitness Program MSROM STACEY	ZUMBA Gold HOLLY	The Silver Sneakers Fitness Program CARDIO CIRCUIT JAN	The Silver Sneakers Fitness Program YOGA STRETCH JAN	The Silver Sneakers Fitness Program MSROM JAN	11:30 GROUP CENTERGY CHRISTEN	11:30 Yoga JILL
3:45 pm	Yoga KIDS JILL		ZUMBA KIDS ANN				
4:30 pm	GROUP POWER JILL	Yoga JILL	ZUMBA ANN				
5:30 pm	GROUP STEP MAGGIE	GROUP POWER SOPHIE/GERALDINE	GROUP KICK FAWN	GROUP POWER SOPHIE			
6:30 pm	GROUP POWER GERALDINE	GROUP RIDE FAWN/SOPHIE ZUMBA NATALIE	GROUP POWER FAWN	GROUP RIDE SOPHIE ZUMBA NATALIE	<p>7:30 AM MON/WED CLASSES STILL ON THE JULY SCHEDULE. COME OUT TO SUPPORT THEM!</p> <p>JULY 4TH CLUB HOURS 9 AM – 3 PM CHILD CARE 9AM – 1 PM</p> <p>INTERESTED IN B.L.A.S.T TRAINING? INQUIRE AT THE FRONT DESK.</p> <p>www.atlantafitness.com 770-888-0022</p> 		
7:30 pm	GROUP CENTERGY CHRISTEN	B.L.A.S.T Training additional fee required	GROUP CENTERGY LIZ	B.L.A.S.T Training additional fee required			