


Eagle's Landing location

STUDIO 1

May 2024

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
A.M.							
8:30am			Step		BodyPump		
			Falinda		Falinda		
9:30am		BodyPump	Body Flow	Body Pump	Zumba	Total Body	
		Christy O.	Lakisha	Falinda	Falinda	Les	
10:30am	Silver Sneakers		Silver Sneakers	Line Dance			
	Interval		Classic	Falinda			
	Julie		Lakisha				
P.M.							
5:30pm			Kickboxing				
			NEW CLASS!				
			Tony				
6:00pm	Zumba	BodyPump		Total Body			
	Mati	Kristina L.		Les			
6:30pm			Step				
			NEW CLASS!				
			Tony				
7:00pm	Total Body						
	Les						
SPIN							
8:30am	CLUB Spin	CLUB Spin		CLUB Spin		CLUB Spin	
	Jacque	Jacque		Jacque		Jacque	
6:00pm	CLUB Spin						
	Jacque						
7:00pm		CLUB Spin		CLUB Spin			
		Jarvis		Jarvis			
Club Hours		678-565-8682			Kid's Club Hours		
Mon-Thurs: 5am-11pm				Mon- Fri: 8am to 2pm/ 4pm to 8pm			
Friday: 5am-10pm				Sat & Sun: 8am to 1pm			
Sat & Sun: 8am-6pm							
 <p style="text-align: center; margin-top: 5px;">CREATE YOUR OWN VISION</p>							

