


## Eagle's Landing location

STUDIO 1								JULY 2024	
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN		
A.M.									
8:30am			Step		BodyPump				
			Falinda		Falinda				
9:30am	HIIT	BodyPump	Body Flow	Body Pump	Zumba	Total Body			
	NEW CLASS! JULY 8th Travis	Christy O.	Lakisha	Falinda	Falinda	Les			
10:30am	Silver Sneakers		Silver Sneakers	Line Dance					
	Interval		Classic						
	Julie		Lakisha	Falinda					
P.M.									
5:30pm			Kickboxing						
			Tony						
6:00pm	Zumba	BodyPump		Total Body					
	Mati	Kristina L.		Les					
6:30pm			Step						
			Tony						
7:00pm	Total Body			Commit Dance					
	Les			Sylvia					
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; font-weight: bold; margin-top: 5px;">CREATE YOUR OWN VISION</p>									

