

Eagle's Landing location

STUDIO 1

AUGUST 2024

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
<b>A.M.</b>							
<b>8:30am</b>			Step		BodyPump		
			Falinda		Falinda		
<b>9:30am</b>	HIIT	BodyPump	Body Flow	Body Pump	Zumba	Total Body	
		Christy O.	Lakisha	Falinda	Falinda	Les	
<b>10:30am</b>	Silver Sneakers		Silver Sneakers	Line Dance			
	Interval		Classic	Falinda			
	Julie		Lakisha				
<b>P.M.</b>							
<b>5:30pm</b>			Kickboxing				
			Tony				
<b>6:00pm</b>	Zumba	BodyPump		Total Body			
	Mati	Kristina L.		Les			
<b>6:30pm</b>			Step				
			Tony				
<b>7:00pm</b>	Total Body			Commit Dance			
	Les			Sylvia			
<b>SPIN</b>							
<b>8:30am</b>	CLUB Spin	CLUB Spin		CLUB Spin		CLUB Spin	
	Jacque	Jacque		Jacque		Jacque	
<b>6:00pm</b>	CLUB Spin						
	Jacque						
<b>7:00pm</b>		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**

**FITNESS2020**

**CREATE YOUR OWN VISION**

