

Eagle's Landing location

STUDIO 1

OCTOBER 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				
	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

FITNESS2020

CREATE YOUR OWN VISION

