

| McDonough Location | | | | | | | |
|------------------------------------------------------------------------------------------------------------------------------|-----------------|------------------|-------------|-------------------------------|--------------|--------------------|----------|
| | | | | | | | May 2024 |
| AM Classes | Studio 1 | | | | | | |
| TIME | MON | TUE | WED | THURS | FRI | SAT | SUN |
| 5:30am | BODYPUMP | | 5:45 Cycle | | BODYPUMP | | |
| | Kristina P. | | Delisha | | Kristina P. | | |
| 8:30am | HIIT | HIIT | HIIT | HIIT | Step Circuit | Step | |
| | Krista | Tasha | Keith | Tasha | Lindsey | Lindsey | |
| 9:30am | BODYPUMP | Pilates | BODYPUMP | Yoga | HIIT 45 min | BODYPUMP | |
| | Falinda | LaWanda | Christy | Lisa | Lindsey | Lindsey | |
| 10:30am | Silver Sneakers | Silver Sneakers | ForeverFit | Silver Sneakers | Yogalates | Yoga | |
| | Classic-Falinda | Classic-Tanya | Penelope | Classic-Tanya | Caroline | Liz | |
| 11:30am | | | Sr. Stretch | | | Zumba | |
| | | | Penelope | | | Carla | |
| PM Classes | | | | | | | |
| 5:30pm | Step | BODYCOMBAT | Zumba | BODYPUMP | | | |
| | Lindsey | Lindsey | Mati | Kristina L. | | | |
| 6:30pm | BODYPUMP | CORE blast 30min | BODYPUMP | XtremeHipHop STEP | | | |
| | Lindsey | Lindsey | Kristina L. | Cynthia | | | |
| 7:00pm | | HIIT | | | | | |
| | | Keith | | | | | |
| 7:30pm | YOGA | | YOGA | | | | |
| | Tracy P. | | Tracy P. | | | | |
| Aqua | | | | | | | |
| 9:30am | Aqua Fit | Aqua Dance | Aqua Dance | Aqua Fit | | Adult Swim Lessons | |
| | Christy | Lisa | Lisa | Christy | | Beginners | |
| 10:30am | | | | | | Adult Swim Lessons | |
| | | | | | | Intermediate | |
| Cycle | | | | | | | |
| 5:45am | | Club Spin | Club Spin | Club Spin | | | |
| | | NEW class! | | NEW class! | | | |
| | | Fritz | Delisha | Fritz | | | |
| 8:30am | | Club Spin | | Club Spin | | | |
| | | Delisha | | Delisha | | | |
| 9:30am | Club Spin | | Club Spin | | | Club Spin | |
| | Tiffany | | Tiffany | | | Dontavius | |
| 5:30pm | | | Club Spin | Club Spin | | | |
| | | | Trisha | NEW class! | Ausha | | |
| 6:00pm | Club Spin | | | | | | |
| | Cortez | | | | | | |
| 7:00pm | | Club Spin | | Club Spin | | | |
| | | Dontavius | | Ausha | | | |
| Club Hours: | | | | 770-957-0804 | | | |
| Mon-Thurs: 5am to 11pm. | | | | Kid's Club Hours | | | |
| Friday: 5am to 10pm. | | | | Mon-Fri: 8am - 2pm/4pm to 8pm | | | |
| Sat & Sun 8am to 6pm | | | | Sat & Sun: 8am to 1pm | | | |
|  <small>CREATE YOUR OWN VISION</small> | | | | | | | |

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