

Evans							
		PILATES			October 2026		
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
A.M.	PILATES						
5:30am			OPEN Nanani	OPEN Nanani			
6:30am	OPEN Pamela	OPEN Kim					
7:00am			JUMP BOARD Pamela	OPEN Pamela			
7:30am	STRETCH Pamela	BEGINNER Kim			OPEN Diana		
8:00am			OPEN Pamela	JUMP BOARD Pamela		BEGINNER	
8:30am	OPEN Diana	OPEN Diana			OPEN Jane		
9:00am			JUMP BOARD Pamela	OPEN Kim		OPEN	OPEN Diana
9:30am	BEGINNER Diana	OPEN Diana			BEGINNER Jane		
10:00am			STRETCH Pamela	OPEN Kim			OPEN Diana
10:30am	OPEN Jane	OPEN Kim			OPEN Jane		
11:00am			OPEN Desiree	JUMP BOARD Kim			
11:30am							
Afternoon/ Evening							
4:30pm	Beginner Kristen		Beginner Nolia		Open Sung		
5:30pm	Open Kristen	Stretch Nolia	Stretch Nolia	Open Javi	Open Sung		
6:30pm	Open Kristen	Open Nolia	Open Nolia	Beginner Javi			
7:30pm		Beginner Nolia		Open Javi			
ZEN STUDIO							
5:30 AM	Fire & Flow Diana E.	Fire & Flow Diana E.	Fire & Flow Diana E.	Fire & Flow Diana E.	Fire & Flow Diana E.		
8:00 AM	Vinyasa Flow Samantha		Hatha Yoga Kelly J.		Sattva Yin Yoga Grace	Yoga Strength & Flow Diana E.	
9:00 AM	Pilates Jane	Total Barre Catherine	Total Barre Mary	Yoga Jessica Y.	Total Barre Mary	Total Barre Mary/Maddison	
10:00 AM	Booty Bar & Stretch Catherine	Slow Flow Vinyasa Andrea		Booty Barre Jane	Les Mills Body Balance Emily	Hot Vinyasa Diane	Total Barre Kelly J.
11:00 AM				Stretch & Relax Jane		Yin Yoga Diane	Hot Vinyasa Kelly J.
12:30 PM							Hot Vinyasa Kaitlin
4:30 PM		Pilates Jane					
5:30 PM		Total Barre Grace					
6:00 PM	Vinyasa Flow Samantha		Hot Vinyasa Diane				
7:00 PM	Hot Power Yoga Diane	Hot Yoga Pervin	Hot Vinyasa Diane	Hot Yoga Pervin			
Club Hours		706.288.2700			Kid's Club Hours		
Mon -Thurs: 5am - 11pm					Mon -Thur: 8am - 1pm/4pm - 8pm		
Friday: 5am - 10pm					Fri: 8am-7pm Sat: 8am to 1pm		
Sat & Sun: 8am - 6pm					Sun: 11am-1pm		