

Evans							
FIT24/7 CREATE YOUR OWN VISION		Push Studio				October 2026	
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
A.M.							
5:00am	Push Zone		Push Zone		Push Zone		
	Mary		Mary		Mary		
6:30am						Push Zone	
						Mary	
8:00am		Push Zone		Push Zone			
		Kelly		Mary			
8:30am						Push Zone	
9:00am	Push Zone		Push Zone		Push Zone		
	Mary		Dana		Dana		
9:15am		Push Zone		Push Zone			
		Tujuana		Mary			
10:00am						Push Zone	
10:15am	Push Zone						
	Mary						
P.M.							
3:00pm							Push Zone
5:00pm	Push Zone						
	Sareena						
5:30pm		Push Zone		Push Zone			
		Kari		Sareena			
6:00pm	Push Zone		Push Zone				
	Kari		Sung/ Amanda				
RESULTS							
5:45 AM					HIIT		
					Libby		
8:00 AM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	
	Mary	Mary	Mary	Catherine	Mary	Mary	
9:00 AM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP		
	Catherine	Mary	Catherine	Catherine	Kim		
10:00 AM		BOOTCAMP	Foam Rolling	BOOTCAMP		Tabata Bootcamp	
		Kim	Catherine	Kim			
5:30 PM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP			
	Jermel	Jermel	Jermel	Jermel			
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		
							