

Evans							
A.M.	Group X Studio						October 2026
TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
5:30am	Les Mills Body Pump		Body Pump HEAVY				
	Jennifer S.		Jennifer S.				
5:45am		HIIT		HIIT			
		Libby		Libby			
9:00am	Les Mills BODYJAM	Les Mills Body Pump		Body Pump HEAVY	Les Mills BodyCombat	Les Mills	
	Kim Jensen	Dana		Emily	Michelle G.	BodyCombat	
						BodyJam	
10:00am	Les Mills Body Pump	Muscle Works	Les Mills Body Pump	Muscle & Groove	Body Pump HEAVY	Les Mills Body Pump	
	Megan	Kelly Richardson	Janie	Kelly Richardson	Megan		
11:00am	Zumba	Glutes & Core Blast		Simply Fit	WERQ	Zumba	
	Tamika	Dianna		Cynthia /45 min	Zii		
11:15am			Zumba				
			Angela				
P.M.							
4:30pm		Les Mills Body Pump		Les Mills Body Pump			
		Megan		Dana			
5:00pm			Les Mills BodyCombat				
			Andria /45 min				
5:30pm	Les Mills Body Pump						
	April						
6:00pm		Zumba	Body Pump HEAVY				
		Tamika	Marci				
6:30pm	WERQ			Zumba			
	Andria			Angie			
A.M.	CYCLE						
5:30am					Cycle		
					Jennifer 45 min		
9:00am	Cycle	ColorCine Cycle	Cycle		Cycle		
	Cynthia 45 min	Amber 45 min	Kelly J. 30 min		Cynthia 45 min		
10:00am							Cycle
							45min
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			