



DUNWOODY
BAPTIST CHURCH

January



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Monday (5:30am-8:00pm)				Tuesday (5:30am-8:00pm)				Wednesday (5:30am-8:00pm)			
5:45am	Early Bird Burn	Tassie	S1	5:45am	Amped by Ali	Ali	S3	5:45am	Early Bird Burn	Ali	S1
6:00am	Cycle	Katina	S2	6:30am	Pilates	Karen	S2	6:00am	Cycle	Katina	S2
8:00am	YogaFaith	Beth	S1	8:00am	Super Sculpt	Dana	S1	8:00am	YogaFaith	Jamie	S1
8:30am	Cycle	Mindy	S2	9:10am	High Fitness	Natalie H	S1	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Katy	S1	9:10am	Step +	Dana	S2	9:00am	Posture Perfect	Beth	S3
10:00am	Aqua Fitness	Sara	Pool	9:15am	Movement Based Flexibility	Beth	S3	9:10am	Cardio Kick & Punch	Katy	S1
10:15am	Yoga	Sondra	S1	10:15am	Body Sculpt	Sara	S1	10:00am	Aqua Fitness	Karen	Pool
11:30am	Tai Chi-Chen Style	Florin	S1	10:20am	Yoga 2	Gina M.	S2	10:15am	Yoga	Sondra	S1
12:30pm	MRA	Sara	S1					11:30am	Tai Chi-Beginner	Florin	S1
5:30pm	Masters Swim		Pool	4:30pm	Pickleball Open Play 3:30-5:00pm		Gym	4:30pm	Pickleball Open Play 3:30-5:30pm		Gym
5:30pm	Pilates	Karen	S2								
6:30pm	YogaFlow	Karen	S2	6:00pm	Dance Explosion	Karen	S1	6:00pm	Yoga	Jamie	S1
Thursday (5:30am-8:00pm)			Friday (5:30am-8:00pm)				Saturday (8:00am-7:00pm)				
6:30am	Body Sculpt	Sara	S1	5:45am	Early Bird Burn	Ali	S1	8:30am	High Fitness	Natalie H	S1
8:00am	Super Sculpt	Dana	S1	6:00am	Cycle	Renae	S2	8:30am	Yoga Detour	Natalie L.	S3
9:10am	High Fitness	Natalie H	S3	7:45am	Pilates	Karen	S1	10:00am	Dance Explosion	Karen	S1
9:10am	Barre Bootcamp	Katy	S1	8:30am	Cycle	Mindy	S2	10:00a	Strong Back & Core	Florin	S3
10:15am	Body Sculpt	Sara	S1	9:10am	Connective Stretch	Beth	S3	11:15am	Total Body Conditioning	Danielle	S1
				9:10am	Chisel	Natalie H	S1				
1:00pm	Fit Club	Tim	S1	10:00am	Aqua Fitness	Sara	Pool	Sunday (2:00pm-6:00pm)			
4:00pm	Pickleball Open Play 3:30-5:00pm		Gym	10:15am	Posture Perfect	Beth	S3	2:00pm	Pickleball Open Play 2:00-6:00pm		Gym
5:30pm	Masters Swim		Pool	10:15am	Zumba	Jae	S1				
5:45pm	Wall Pilates	Karen	S2	11:30am	Tai Chi-Chen Style	Florin	S3				
6:30pm	Yoga Flow	Karen	S2	11:15am	Core & More	Sara	S1				
				12:30pm	MRA	Sara	S1				