



DUNWOODY  
BAPTIST CHURCH

# November



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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                   | Beth      | S3   | 9:10am                    | Cardio Kick & Punch               | Katy       | S1   |
| 10:15am                  | Yoga                             | Sondra    | S1   | 10:15am                 | Body Sculpt                      | Sara      | S1   | 10:00a                    | Aqua Fitness                      | Karen      | Pool |
| 11:30am                  | Tai Chi-Chen Style               | Florin    | S1   | 10:20am                 | Yoga 2                           | Gina M.   | S2   | 10:15a                    | Yoga                              | Sondra     | S1   |
| 12:30pm                  | MRA                              | Sara      | S1   |                         |                                  |           |      | 11:30a                    | Tai Chi-Beginner                  | Florin     | S1   |
| 5:30pm                   | Masters Swim                     |           | Pool | 4:30pm                  | Pickleball Open Play 3:30-5:30pm |           | 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 Scuplt                      | 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   | 10:00a                    | 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   | 11:15a                    | Total Body Conditioning           | Danielle   | S1   |
|                          |                                  |           |      | 9:10am                  | Chisel                           | Natalie H | S1   | 9:00am                    | Pickleball Open Play 9:00-12:00pm |            | Gym  |
| 1:00pm                   | Fit Club                         | Tim       | S1   | 10:00am                 | Aqua Fitness                     | Sara      | Pool | Sunday (2:00pm-6:00pm)    |                                   |            |      |
| 4:00pm                   | Pickleball Open Play 4:00-5:30pm |           | 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   |                           |                                   |            |      |