



DUNWOODY
BAPTIST CHURCH

August



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Monday (5:30am-8:00pm)				Tuesday (5:30am-8:00pm)				Wednesday (5:30am-8:00pm)			
5:45am	Early Bird Burn	Ali	S1	5:45am	Amped by Ali	Ali	S3	5:45am	Early Bird Burn	Ali	S1
6:00am	Cycle	Katina	S2					6:00am	Cycle	Haley	S2
8:00am	YogaFaith	Beth	S1	8:00am	Super Sculpt - upper body	Natalie	S1	8:00am	YogaFaith	Jamie	S1
8:30am	Cycle	Mindy	S2	9:10am	High Fitness	Natalie	S1	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Katy	S1	9:10am			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	Jessica	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	Fit Club	Tim		11:30am	Tai Chi-Beginner	Florin	S1
5:00pm	Pilates	Pam	S1					4:30pm	Pickleball Open Play 4:30-7:30pm		Gym
5:30pm	Masters Swim		Pool					6:00pm	Yoga	Jamie	S3
6:00pm	Yoga	Danielle	S2	6:00pm	Dance Explosion	Karen	S1	5:45pm	Total Body Conditioning	Danielle	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	Tassie	S1				
8:00am	Super Sculpt - lower body	Natalie	S1	6:00am	Cycle	Haley	S2	8:30am	Yoga Detour	Natalie L.	S3
9:10am	High Fitness	Natalie	S3	7:45am	Pilates	Karen	S1	9:30am	Dance Explosion	Karen	S1
9:10am	Barre Bootcamp	Katy	S1	8:30am	Cycle	Mindy	S2	10:00am	Strong Back & Core	Florin	S3
10:15am	Body Sculpt	Sara	S1	9:10am	Connective Stretch	Beth	S3	10:40am	Total Body Conditioning	Danielle	S1
				9:10am	Chisel	Natalie	S1	9:00am	Pickleball Open Play 9:00am-12:00pm		Gy
1:00pm	Fit Club	Tim	S1	10:00am	Aqua Fitness	Sara	Pool				
1:30pm	Strong Back & Core	Florin	S3	10:15am	Posture Perfect	Beth	S3	Sunday (2:00pm-6:00pm)			
2:30pm	Qi Gong	Florin	S3	10:15am	Zumba	Jae	S1	2:00pm	Pickleball Open Play 2:00-6:00pm		Gym
5:30pm	Masters Swim		Pool	11:30am	Tai Chi-Chen Style	Florin	S3				
6:00pm	Zumba	Danielle	S1	11:15am	Core & More	Sara	S1				
				12:30pm	MRA	Sara	S1				

Note: Classes, times, and/or instructors shown in yellow indicate a change from the previous month or pending change mid-month