



DUNWOODY  
BAPTIST CHURCH

# November



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Monday				Tuesday				Wednesday			
5:45am	Early Bird Burn	Tassie	S1	6:30am	Pilates	Karen	S2	5:45am	Early Bird Burn	Natalie	S1
6:00am	Cycle	Katina	S2	8:00am	Body Sculpt	Dana	S1	6:00am	Cycle	Katina	S2
8:30am	Cycle	Mindy	S2	9:10am	High Fitness	Natalie	MP	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Katy	S1	9:10am	Step	Dana	S1	9:00am	Posture Perfect	Beth	MP
10:00am	Aqua Fitness	Sara C.	Pool	9:15am	Movement Based	Beth	S2	9:10am	Cardio Kickboxing	Katy	S1
10:15am	Yoga	Sondra	S1	10:15am	Body Sculpt	Sara C	S1	10:00a	Aqua Fitness	Maureen	Pool
11:30am	Tai Chi-Chen Style	Florin	S1	10:20am	Yoga 2	Gina M.	S2	10:15a	Yoga	Sondra	S1
12:30pm	MRA	Gina	S1	3:45pm	Combo 1/11	DSA	S1	11:30a	Tai Chi-Beginner	Florin	S1
3:00pm	DCS Cheer	DCS	S1	5:00pm	1,2,3 Step	DSA	S1	1:15pm	Little Ballerinas A	DSA	S1
4:30pm	Masters Swim		Pool	6:00pm	Dance Explosion	Karen	S1	2:15pm	Little Ballerinas B	DSA	S1
5:30pm	Masters Swim		Pool					3:15pm	Carousel Combo	DSA	S1
5:30pm	Pilates	Karen	S1					4:00pm	Pickleball Open Play		Gym
5:30pm	Pickleball		Gym					6:00pm	Yoga	Sondra	S1
6:30pm	YogaFlow	Karen	S2								
Thursday				Friday				Saturday			
6:30am	Body Sculpt	Gina P.	S1	5:45am	Early Bird Burn	Tassie	S1	8:30am	Hi/Lo	Natalie	MP
8:00am	Body Sculpt	Dana	S1	6:00am	Cycle	Rena	S2	8:30am	Good Morning Yoga	Tiana	S1
9:10am	High Fitness	Natalie	MP	7:45am	Pilates	Karen	S1	10:00am	Dance Explosion	Karen	S1
9:10am	Barre Bootcamp	Katy M.	S1	8:30am	Cycle	Mindy	S2	11:15am	Total Body Conditioning	Danielle	S1
10:15am	Tone to the Bone	Sara C	S1	9:10am	Connective Stretch	Beth	MP				
4:30pm	Masters Swim		Pool	9:10am	Chisel	Natalie	S1	Sunday			
5:30pm	Masters Swim		Pool	10:15am	Posture Perfect	Beth	MP	2:00pm	Pickleball Open Play		Gym
6:00pm	YogaFlow	Karen	S2	11:30am	Tai Chi-Chen Style	Florin	S1				
				12:30pm	MRA	Gina	S1				