



DUNWOODY
BAPTIST CHURCH

September



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Monday				Tuesday				Wednesday			
5:45am	Early Bird Burn	Tassie	Court 1	5:45am	High Fitness	Natalie	Court 1	5:45am	Early Bird Burn	Natalie	Court 1
6:00am	Cycle	Donna	Studio 2	6:30am	Pilates	Karen	Studio 1	6:00am	Cycle	Maureen	Studio 2
8:30am	Cycle	Mindy	Studio 2	8:00am	Body Sculpt	Dana	Studio 1	8:30am	Cycle	Mindy	Studio 2
9:10am	Chisel	Natalie	Court 1	8:10am	Strength and Stretch	Katy	Court 1	9:00am	Posture Perfect	Beth	Studio 1
10:00am	Aqua Fitness	Sara C.	Pool	9:10am	Step	Dana	Studio 1	9:10am	Cardio Kickboxing	Katy	Court 1
10:15am	Yoga	Sondra	Studio 1	9:15am	Movement Based Flexibility	Beth	DH	10:00am	Aqua Fitness	Maureen	Pool
11:30am	Tai Chi-Chen Style	Florin	Studio 1	10:00am	Aqua Fitness	Bob	Pool	10:15am	Yoga	Sondra	Studio 1
12:30pm	MRA	Bob	Studio 1	10:15am	Body Sculpt	Sara C	Studio 1	11:30am	Tai Chi-Beginner	Florin	Studio 1
4:30pm	Masters Swim		Pool	10:20am	Yoga 2	Gina M.	Studio 2	6:00pm	Yoga	Sondra	Studio 1
5:30pm	Masters Swim		Pool	5:00pm	Pickleball Open Play		Gym	6:00pm	Pickleball Open Play		Gym
5:30pm	Barre Fusion	Karen	Studio 1	6:00pm	Total Body Conditioning	Danielle	Studio 1				
6:30pm	YogaFlow	Karen	Studio 1								
Thursday				Friday				Saturday			
6:30am	Body Sculpt	Gina/Sara	Studio 1	5:45am	Early Bird Burn	Tassie	Court 1	8:30am	Hi/Lo (Sept. 11 Start)	Natalie	Studio 1
9:10am	High Fitness	Natalie	Studio 1	6:00am	Cycle	Renae	Studio 2	8:30am	Good Morning Yoga	Tiana	Studio 1
9:10am	Barre Bootcamp	Katy	Court 1	7:45am	Pilates	Karen	Studio 1	10:00am	Dance Explosion	Karen	Studio 1
10:00am	Aqua Fitness	Bob	Pool	8:30am	Cycle	Mindy	Studio 2	11:15am	Total Body Conditioning	Danielle	Studio 1
10:15am	Tone to the Bone	Sara C	Studio 1	9:00am	Connective Stretch	Beth	Studio 1				
4:30pm	Masters Swim		Pool	9:10am	Chisel	Tassie	Court 1				
5:30pm	Masters Swim		Pool	10:15am	Posture Perfect	Beth	Studio 1				
6:00pm	YogaFlow	Karen	Studio 2	11:30am	Tai Chi-Chen Style	Florin	Studio 1				
				12:30pm	MRA	Bob	Studio 1				