



DUNWOODY
BAPTIST CHURCH

Thanksgiving Week



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Monday				Tuesday				Wednesday			
6:00am	Cycle	Donna		6:30am	Pilates	Karen	S2	6:00am	Cycle	Kyle	S2
8:30am	Cycle	Mindy	S2	6:45am	High Fitness	Natalie	S1	8:30am	Cycle	Mindy	S2
9:10am	Chisel	Natalie	S2	8:00am	Body Sculpt	Dana	S1	9:00am	Posture Perfect	Beth	S1
10:00am	Aqua Fitness	Gina P.	S1	9:10am	Step	Dana	S1	9:10am	Cardio Kickboxing	Tassie	Gym
10:15am	Yoga	Sondra	Pool	9:15am	Movement Based Flexibility	Beth	DH	10:00am	Aqua Fitness	Bob	Pool
11:30am	Tai Chi-Chen Style	Florin	S1	10:00am	Aqua Fitness	Bob	Pool	10:15am	Yoga	Sondra	S1
12:30pm	MRA	Bob	S1	10:15am	Body Sulpt	Sara C	S1	4:00pm	Pickleball Open Play		Gym
4:30pm	Masters Swim		S1	10:20am	Yoga 2	Gina M.	S1				
5:30pm	Masters Swim		Pool	5:30pm	Pickleball Open Play		Gym				
5:30pm	Barre Fusion	Karen	Pool	6:00pm	Total Body Conditioning	Danielle	S1				
5:30pm	Pickleball Open Play		Gym								
6:30pm	YogaFlow	Karen	S1								
Thursday				Friday				Saturday			
C l o s e d				8:30am	Cycle	Mindy	S2	8:30am	Good Morning Yoga	Tiana	S2
				9:00am	Connective Stretch	Beth	S1	10:00am	Dance Explosion	Karen	S1
				9:10am	Chisel	Tassie	Gym	11:15am	Total Body Conditioning	Danielle	S1
				10:15am	Posture Perfect	Beth	S1				
				11:30am	Tai Chi-Chen Style	Florin	S1				
				12:30pm	MRA	Bob	S1				