



DUNWOODY
BAPTIST CHURCH

May



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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	6:30am	Pilates	Karen	S2	6:00am	Cycle	Katina	S2
6:00am	Cycle	Katina	S2	8:00am	Body Sculpt	Dana	S1	8:00am	YogaFaith	Beth S.	S1
8:00am	YogaFaith	Beth S.	S1	9:10am	High Fitness	Natalie	S1	8:30am	Cycle	Mindy	S2
8:30am	Cycle	Mindy	S2	9:10am	Step	Dana	S2	9:00am	Posture Perfect	Beth	MP
9:10am	Chisel	Katy	S1	9:15am	Movement Based	Beth	MP	9:10am	Cardio Kickboxing	Katy	S1
10:00am	Aqua Fitness	Sara	Pool	10:15am	Body Sculpt	Sara	S1	10:00am	Aqua Fitness	Maureen	Pool
10:15am	Yoga	Sondra	S1	10:20am	Yoga 2	Gina	S2	10:15am	Yoga	Sondra	S1
11:30am	Tai Chi-Chen Style	Florin	S1	6:00pm	Dance Explosion	Karen	S1	11:30am	Tai Chi-Beginner	Florin	S1
12:30p	MRA	Sara	S1					4:30pm	Pickleball Open Play		Gym
5:30pm	Masters Swim		Pool					6:00pm	Yoga	Sondra	S1
5:30pm	Pilates	Karen	S2								
6:30pm	YogaFlow	Karen	S2								
Thursday (5:30am-8:00pm)				Friday (5:30am-8:00pm)				Saturday (8:00am-4:00pm)			
6:30am	Body Sculpt	Sara	S1	5:45am	Early Bird Burn	Natalie	S1	8:30am	High Fitness	Natalie H.	S1
8:00am	Body Sculpt	Dana	S1	6:00am	Cycle	Renae	S2	8:30am	Yoga Detour	Natalie L.	MP
9:10am	High Fitness	Natalie	MP	7:45am	Pilates	Karen	S1	9:00am	Pickleball Open Play		Gym
9:10am	Barre Bootcamp	Katy M.	S1	8:30am	Cycle	Mindy	S2	10:00am	Dance Explosion	Karen	S1
10:15am	Body Sculpt	Sara	S1	9:10am	Connective Stretch	Beth	MP	11:15am	Total Body	Danielle	S1
5:30pm	Masters Swim		Pool	9:10am	Chisel	Natalie	S1				
6:00pm	YogaFlow	Karen	S2	10:00am	Aqua Fitness	Sara	Pool	Sunday (2:00pm-6:00pm)			
				10:15am	Posture Perfect	Beth	MP	2:00pm	Pickleball Open Play		Gym
				10:15am	Zumba	Jae	S1				
				11:30am	Tai Chi-Chen Style	Florin	S1				
				12:30pm	MRA	Sara	S1				