

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 Spin Darryl	6:15 Boot Camp Andrew	6:00 Spin Darryl	6:15 Boot Camp Sonya	6:15 Spin Mimi	8:30 Top Gear *** Mimi/Sherry	9:00 Spin Interval Sherry
8:30 Yoga Felice	8:30 Bar Strength Mimi C	8:30 Yoga Felice	8:00 Cardio Strength Sherry	8:30 Yoga Mimi	9:30 Yoga Eva	9:30 Yoga Tony
Step Andrew	Barre Design Lynn/Alyssa	Step Andrew	8:30 Barre Design Lynn/Alyssa	Bar Strength Keith	Step Interval Jolene/Freddy	
9:30 Bolt Alyssa	9:30 Yoga Connie	9:30 Triple Threat Andrew	9:30 CoreFunkSoul Clinton	9:30 Bolt Alyssa	10:30 Zumba Jeffrey	10:30 Triple Threat Bryan
10:00 *Revolution* (Spin) - Lynn	10:00 TRX Alyssa	10:00 Spin Lynn	10:00 TRX Alyssa	10:00 Spin Melissa	11:00 Pilates Patience	
10:30 CoreFunkSoul Clinton	10:15 Ultimate Conditioning Jeffrey	4:30 Diesel Amber	10:15 Ultimate Conditioning Jeffrey	12:15 Full Blast*** Andrew \$5 charge		
4:30 Core Strength David				4:30 Core Strength Margarite		
5:30 Spin Rhythm Jeffrey	5:30 Pilates Patience	5:30 Spin Amber	5:30 Spin Clare			
6:00 Yoga Michael	Hard Core Andrew	6:00 Yoga Michael	Yoga Karen			
6:30 Bar Strength Andrew	6:30 Spin Steve		6:30 Hard core Andrew			

*** 90 minute class

HOURS

M-Th: 5 am - 9 pm F: 5 am - 8 pm
Sat: 7 am - 7 pm Sun: 8 am - 6 pm

PHONE

404-261-0227

WEBSITE

www.jeannesbodytech.com