

# CLASS SCHEDULE | Winter 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM	Spin w/ Mary Liz (45)				
6:30AM	HIIT w/ Lane (60)		HIIT w/ Lane (60)		HIIT w/ Lane (60)
8:00am					Cardio & Sculpt w/ Susan (60)
9:15AM	Cardio & Sculpt w/ Angela (75)		Cardio & Sculpt w/ Angela (75)		
10:30AM		Bodies in Motion w/ Kathy (60)		Bodies in Motion w/ Kathy (60)	
5:00PM	Yoga w/ Priscilla (70)			Yoga w/ Priscilla (50)	
6:00PM		Spin w/ Mary Liz (45)		Spin w/ Mary Liz (45)	
	Gym Floor	Spin Room	Children's Studio	(length)	

***Childcare Mondays & Wednesdays 9am-11am. Mats are available for each class, however, we recommend bringing a mat if you plan to attend class on a regular basis.***  
 3203 Washington Rd. Augusta, GA 30907 | 706.860.0454