











770-631-8004

PEACHTREE CITY

JUNE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am		Muscle Challenge <i>Lois</i>				
6:30am	30/30 <i>Brycie</i>	Pilates Mat Plus <i>Lois</i>	WQ Power Mix <i>Linda</i>	Muscle Challenge <i>Brycie</i>	WQ Power Mix <i>Kristen</i>	
8:15am	Muscle Challenge <i>Lois</i>	Pilates Mat Plus <i>Lois</i>	 <i>Meg B</i>	HeartZones Conditioning <i>Heidi</i>	WQ Power <i>Julie</i>	HITT Core <i>Brycie</i>
9:20am	WQ Step <i>Lyndsay</i>	Total Body Conditioning <i>Lois</i>	WQ Step <i>Tamara</i>	Pilates Mat Plus <i>Amy</i>	HIIT <i>Meg B</i>	9:30am WQ Kick <i>Tony</i>
10:30am	WQ Power <i>Kristen</i>	10:45am  <i>Mike</i>	PURE*ENERGY <i>Kate</i>		 <i>Emily</i>	Yoga <i>Vickie</i>
11:35am	WQ Power Mix <i>Amy</i>		 HEART SMART <i>Debbie D.</i>		WQ Power Mix <i>Beth</i>	
4:30pm		Muscle Challenge <i>Carol</i>	WQ Step <i>Nicole</i>			
5:30pm	WQ Power <i>Holly</i>	WQ Step <i>Michelle/Lyndsay</i>	WQ Power <i>Tony</i>	Kickboxing <i>Brooke</i>	WQ Power <i>Nicole</i>	SUNDAY 4PM WQ Power Mix <i>Michelle</i>
6:30pm	 <i>Kareen</i>	 <i>Brooke</i>	Fitness Boot Camp <i>Holly</i>	Power Yoga <i>Tiffany</i>	 <i>Kareen</i>	
7:30pm		Yoga <i>Suzanne</i>	 <i>Mike</i>			

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	Cycle <i>Michael</i>	Heart Zones Cycle <i>Scott</i>	Cycle <i>Michael</i>	Heart Zones Cycle <i>Scott</i>	Heart Zones Cycle <i>Heidi</i>	***7am Cycle <i>Brycie</i>
8:15am		WQ Ride <i>Tamara</i>		Heart Zones Cycle <i>Kate.</i>		Heart Zones Cycle <i>Lois</i>
9:30am	Heart Zones Cycle <i>Renee R.</i>		Cycle <i>Cheryl T</i>		Heart Zones Cycle <i>Lisa</i>	Heart Zones Cycle <i>Renee R</i>
12:15pm	Cycle <i>Meg B</i>		Heart Zones Cycle <i>Kate</i>		Heart Zones Cycle <i>Heidi</i>	
4:30pm						SUNDAY 5PM
5:30pm		Cycle <i>Brycie</i>				WQ Ride <i>Tony</i>
6:35pm	WQ Ride <i>Holly</i>		WQ Ride <i>Tiffany</i>			

STUDIO "B"

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30am	SilverSneakers® Classic- Heidi		SilverSneakers® Classic- Scott		SilverSneakers® Classic- Amy	