WORLD GYM FITNESS CENTERS
www.worldgymfayette.com
770-631-8004

PEACHTREE CITY

JUNE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	WG Power Mix *Nicole*	Pilates Mat Plus *Lois*	WG Power Mix *Linda*	Muscle Challenge *Brycie*	Cardio/Core *Lois*	
8:15am	Muscle Challenge *Lois*	Pilates Mat Plus *Lois*	WG Step *Tamara*	HeartZones Conditioning *Heidi*	WG Power *Claire*	**9am CORE with Lois
9:20am	WG Step *Laura*	Total Body Conditioning *Lois*	RIPPED *Meg B*	Pilates Mat Plus *Amy*	HIIT *Meg B*	9:30am WG Kick *Tony/Nicole*
10:30am	WG Power *Kristen*	10:45am ZUMBA fitness *Mike*	PURE*ENERGY *Kate*	10:45am ZUMBA fitness *Christina/Claire*	ZUMBA fitness /HipHop *Emily*	Yoga *Vickie*
11:35am	WG Power Mix ***Beth***		HEART SMART *Debbie D.*		WG Power Mix *Beth*	
4:30pm		Muscle Challenge *Carol*		WG Power Mix ***Laura***		
5:30pm	WG Power *Nicole*	RIPPED *Brooke*	WG Power *Tony*	Kickboxing *Brooke*	WG Power *Nicole*	SUNDAY 4PM WG Power Mix ***Nicole***
6:30pm	ZUMBA fitness *Alena*	CORE Plus *Vickie*	ZUMBA fitness *Mike*			5pm Yoga (75min) Suzanne
7:30pm		Yoga *Suzanne*				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	Cycle *Michael*	Heart Zones Cycle *Scott*	Cycle *Michael*	Heart Zones Cycle *Scott*	Heart Zones Cycle *Heidi*	***7am Cycle *Brycie*
8:15am		WG Ride *Tamara*		Heart Zones Cycle *Kate.*		Heart Zones Cycle Express/Core *Lois*
9:30am	Heart Zones Cycle *Renee R.*		Cycle *Cheryl T*		Heart Zones Cycle Abigail	Heart Zones Cycle *Renee R*
12:15pm	Cycle *Meg B*		Heart Zones Cycle *Kate*		Heart Zones Cycle *Heidi*	
5:30pm		Heart Zones Cycle *Vickie*		5pm Cycle Express *Donna*		
6:35pm	Heart Zones Cycle *Lois*		WG Ride *Tony*	Cycle *Cathy A*		

STUDIO "B"

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