



**Club Hours**  
 Mon-Thurs 5am-10pm  
 Fri 5am-8pm  
 Sat-Sun 8am-8pm

**Kid's World Hours**  
 Mon-Sat 8am-12pm  
 Mon-Fri 4pm-8pm  
 Sun 12pm-4pm

**August 11 - 17**

GROUP FITNESS STUDIO							
TIME	SUNDAY 8/11	MONDAY 8/12	TUESDAY 8/13	WEDNESDAY 8/14	THURSDAY 8/15	FRIDAY 8/16	SATURDAY 8/17
7:00 AM		**Jiu Jitsu		**Jiu Jitsu			
9:15 AM							Power Arms 30 Laura
9:30 AM	CrossTrain JC						
9:45 AM							Butts & Guts 30 Laura
10:00 AM					Power Abs 30 JC		
11:30 AM	**Jiu Jitsu						
4:30 PM							
5:00 PM						**Jiu Jitsu	
6:00 PM						**Jiu Jitsu	
6:30 PM		**Jiu Jitsu	**Jiu Jitsu	CrossTrain 30 Larry	Cardio Flex Laura		
7:15 PM				**Jiu Jitsu			
CARDIO THEATER							
6:00 PM				Treadworx 30 Larry			
CYCLING STUDIO							
8:30 AM							
9:30 AM					Ride On 30 JC		
YOGA STUDIO							
7:00 AM						Stretch & Core Laura	
9:00 AM			Yoga Will			Pilates Gina	
10:00 AM	Yoga Jo Ann	Pilates Gina			Yoga Jo Ann		
10:30 AM							Yoga Will
7:00 PM			Fusion Flow Tia				

**Class schedule subject to change without notice.**

\*\* Kuzushi Club Atlanta Jiu Jitsu – Contact [kuzushiclubat@gmail.com](mailto:kuzushiclubat@gmail.com) for details on joining.

**Class Notes:**

**Barbell & Bands** – Total body workout. Come load a barbell and bring your glute band!

**Bodyweight 30** - Bodyweight only, no weights. Focus on core, strength and balance.

**Booty Bands 30** – Lower body workout with added resistance from bands Bring your band!

**Butts & Guts 30** – 30 minutes focusing on the midsection, glutes and legs.

**Cardio Flex** - A mix of aerobic exercises, weights and bodyweight conditioning.

**Cardio Jam** : Medicine ball workout combined with old school aerobics, cardio kickboxing, and step aerobics to give you the ultimate cardio blast.

**Creative Movement** – Improve balance and flexibility as you tone through dance conditioning exercises and other rhythmic movements.

**CrossTrain** – Mix it up! Class may include cardio drills, plyometric moves, athletic drills, strength exercises and core work. There are no limits!

**Fusion Flow** – Core strengthening Pilates fused with Yoga providing a balanced workout targeting every muscle group.

**Power Abs 30** – 30 minutes focusing on abs and core.

**Ride On** – Hop on a bike and ride, sprint and climb hills. Come get your Ride On!

**TNT** - Tight & Toned! Full body workout.

**Treadworx** – Pace yourself through hills and sprints. Calling all runners, joggers and walkers.

**Yoga** – Balance strengthening and stretching poses. Increase awareness and mindfulness for your body and breathing. All levels

**Yoga Basics** – Back to basics introductory class. Stretch, balance, move, breathe, focus and strengthen!