


COLONY SQUARE ATHLETIC CLUB

**Open
24 Hours!**

GROUP FITNESS SCHEDULE

14th and Peachtree St
www.24ATLGym.com
404.745.9309

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM	BOOT CAMP TEAM HENRY		BOOT CAMP TEAM HENRY		BOOT CAMP TEAM HENRY		10:15AM-11:15AM YOGA CHI-WAI
11:15AM		11:30-12:00 6 PACK ABS HUEL	YOGA AMY	11:30-12:00 6 PACK ABS HUEL	pilates NEFERITITI	BODYPUMP LES MILLS BODY TRAINING SYSTEMS MARJORIE	
12:15PM	BOOT CAMP TEAM HENRY	YOGA MALIA	BOOT CAMP TEAM HENRY	BODYPUMP LES MILLS BODY TRAINING SYSTEMS KEITH		12:30-1:30 YOGA AMY	
5:30PM	CARDIO KICKBOX Robin	BODYPUMP LES MILLS BODY TRAINING SYSTEMS MARJORIE	STEP ELGIN		7 Day FREE Guest Pass! Bring a friend to Colony Square Athletic Club and you could earn a FREE month membership!		
6:30PM	BODYPUMP LES MILLS BODY TRAINING SYSTEMS MARJORIE		BODYPUMP LES MILLS BODY TRAINING SYSTEMS RENAE	CARDIO KICKBOX Robin			
7:35PM	YOGA COLETTE			YOGA KAREN			