



JOHNS CREEK, GA

COME JOIN US

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM	SCULPT WEIGHTS	SCULPT CIRCUITS	9:30 AM THROW DOWN	SCULPT WEIGHTS	9:30 AM THROW DOWN	—	SO FLY STEP
10AM	THROW DOWN 101	THROW DOWN 101	—	CORE & RESTORE	—	—	THROW DOWN
11AM	—	—	—	—	—	SCULPT CIRCUITS	—
NOON	—	—	—	—	—	THROW DOWN	—
6PM	—	THROW DOWN 101	SCULPT WEIGHTS	6:30 PM THROW DOWN	SCULPT CIRCUITS	—	—
7PM	—	THROW DOWN	CORE & RESTORE	—	THROW DOWN 101	—	—

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