

HOLLY SPRINGS CLASS SCHEDULE

GROUP FITNESS STUDIO

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
5:15 AM	LES MILLS BODYPUMP		LES MILLS BODYPUMP				
8:30 AM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYSTEP ATHLETIC	LES MILLS BODYPUMP	LES MILLS CXWORX barre	8:15 LES MILLS BODYATTACK 30	
9:30 AM	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	ZUMBA FLEX	9 AM LES MILLS BODYPUMP	
10:30 AM	barre LES MILLS SH'BAM	LES MILLS BODYPUMP	LES MILLS CXWORX	barre one	LES MILLS BODYPUMP		11 AM LES MILLS BODYPUMP
11:45 AM	Silver Sneakers		Silver Sneakers		Silver Sneakers		
4:30 PM	ZUMBA FLEX	LES MILLS CXWORX	LES MILLS BODYPUMP	LES MILLS BODYATTACK 30			
5:30 PM	LES MILLS BODYPUMP	LES MILLS BODYJAM	barre one	LES MILLS BODYPUMP	LES MILLS BODYPUMP		
6:30 PM	Tabata	LES MILLS BODYPUMP	LES MILLS SH'BAM	CARDIO KICKBOXING			
7:30 PM				ZUMBA FLEX			

CYCLE STUDIO

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
5:15 AM		COACH BY COLORS		COACH BY COLORS			
8:15 AM			LES MILLS sprint		LES MILLS RPM	LES MILLS sprint	
9:15 AM	LES MILLS RPM			LES MILLS RPM			
10:15 AM		LES MILLS RPM					
4:45 PM	LES MILLS RPM		LES MILLS sprint				
5:45 PM		LES MILLS RPM		LES MILLS RPM	COACH BY COLORS		
6:45 PM	LES MILLS RPM		COACH BY COLORS				

MIND BODY STUDIO

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
6:00 AM		HOT POWER VINYASA		HOT POWER VINYASA			
8:00 AM		PILATES		LES MILLS BODYFLOW			
9:00 AM	VINYASA FLOW		LES MILLS BODYFLOW		HOT POWER VINYASA		
10:00 AM		LES MILLS BODYFLOW		HOT VINYASA FLOW		PILATES	
12:15 PM		VINYASA FLOW		PILATES			
5:00 PM	PILATES		HOT POWER VINYASA				1 PM HOT POWER VINYASA
6:00 PM		HOT POWER VINYASA		HOT VINYASA FLOW			
7:00 PM	HOT POWER VINYASA		PILATES				
8:00 PM		HOT VINYASA FLOW		LES MILLS BODYFLOW			

POOL

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
9:30 AM	H2OFitness		H2OFitness		H2OFitness		
6:30 PM		H2OFitness		H2OFitness			

OPERATING HOURS

GYM	KIDS CLUB
Mon - Thurs: 5am to 11pm Friday: 5am to 10pm Sat and Sun: 8am to 6pm	Mon - Thurs: 8am to 1pm - 4pm to 8:30pm Friday: 8am to 1pm - 4pm to 8:00pm Sat and Sun: 8am to 1pm



Schedule is also available on our Onelife Fitness Atlanta App!

Questions or Comments? Email: joshua.keenum@onelifefitness.com Phone: 678.752.1400