

Onelife Fitness Atlanta Newnan Sport - AUGUST 2018

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT	SUN
5:30 AM		LES MILLS BODYPUMP Monica		LES MILLS BODYPUMP Monica		Week end:		
8:30 AM	LES MILLS BODYSTEP Robyn	LES MILLS BODYCOMBAT Christi	LES MILLS BODYPUMP Robyn/Lyndsay	LES MILLS BODYCOMBAT Christi	LES MILLS BODYSTEP Lyndsay	8:30 AM	LES MILLS BODYSTEP ATHLETIC Robyn/Lyndsay	
9:30 AM	LES MILLS BODYPUMP Christi	LES MILLS BODYFLOW Laura	barre one Laura	LES MILLS BODYFLOW Bonne	LES MILLS BODYPUMP Robyn	9:30 AM	LES MILLS BODYPUMP Monica	
10:30 AM	barre one Monica	ZUMBA Heather	POWER YOGA Deena	Core Strength 30 min Lyndsay	barre one Megan	10:30 AM	barre one Laura/Megan	
11:40 AM	SLOW FLOW YOGA Lyndsay	CHAIR FIT Lyndsay	CHAIR FIT Lisa B	ZUMBA 11:00 Heather	CHAIR FIT Heather	11:30 AM	ZUMBA Mercedes	
				↑ Start 11am 1 Hour Long		12:30 PM	LES MILLS BODYFLOW Stephanie T	
4:00 PM		LES MILLS BODYPUMP EXPRESS 30 min Jacque	Core Strength 30 min Lyndsay	LES MILLS BODYPUMP EXPRESS 30 min Jacque				
4:30 PM	LES MILLS BODYSTEP Robyn	LES MILLS BODYFLOW Bonne	LES MILLS BODYSTEP Lyndsay	LES MILLS BODYFLOW Bonne	POWER YOGA Deena	12:00 PM		LES MILLS BODYCOMBAT Christi
5:30 PM	LES MILLS BODYPUMP Glennise/Robyn	LES MILLS BODYSTEP ATHLETIC Mike/Glennise	LES MILLS BODYCOMBAT Jerry Ann	barre one Monica	LES MILLS BODYPUMP Glennise	1:00 PM		LES MILLS BODYPUMP Team
6:30 PM	LES MILLS BODYFLOW Lyndsay	barre one Megan	LES MILLS BODYPUMP Jerry Ann	LES MILLS BODYSTEP ATHLETIC Mike	VANG Misha/Heather	2:00 PM		LES MILLS BODYFLOW Stephanie T
7:30 PM	LES MILLS BODYCOMBAT Christi	ZUMBA Mercedes	VANG Glennise	ZUMBA Mercedes	KICKBOXING Walt	3:00 PM		VANG Misha/Heather

AQUA

TIME	MON	TUE	WED	THURS	FRI	TIME	SAT
9:00 AM	AQUA DANCE Heather		AQUA FIT Lisa B		AQUA FIT Lisa B	9:00 AM	AQUA DANCE Heather/Misha
6:00 PM		AQUA DANCE Misha		AQUA FIT Heather			

RPM & CYCLE (Upstairs)

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT
5:30 AM	LES MILLS RPM Amanda		LES MILLS RPM Monica		LES MILLS RPM Robbie		
8:30 AM		LES MILLS RPM Monica		CYCLE Scott		8:15 AM	LES MILLS RPM Robbie
9:30 AM			LES MILLS RPM Amanda				
5:30 PM	CYCLE Stephanie M		CYCLE Scott				
6:00 PM		LES MILLS RPM Robbie		CYCLE Stephanie M			

Club Hours:

Mon.-Thurs. 5am to 10pm

Friday 5am to 9pm

Sat. and Sun. 8am to 6pm

Kids Club Hours:

Mon.-Thurs. 8am to 1pm & 4pm to 8:30pm

Friday 8am-1pm & 4pm – 8pm

Saturday 8am – 1:30pm

Sunday 12 pm to 4pm



Updated Schedule located on our website www.onelifefitness.com

Questions or Comments? Monica Siegel Email monica.siegel@onelifefitness.com