





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		
6:45AM							10:15AM-11:15AM YOGA
11:15AM		11:30-12:00 6 PACK ABS HUEL	YOGA AMY	11:30-12:00 6 PACK ABS HUEL	 NEFERITITI	 MARJORIE	CHI-WAI 
12:15PM	BOOT CAMP TEAM HENRY	 Paige	BOOT CAMP TEAM HENRY	 KEITH		12:30-1:30 YOGA AMY	
5:30PM	CARDIO KICKBOX Robin	 MARJORIE	STEP ELGIN		<h3>7 Day FREE Guest Pass!</h3> <p>Bring a friend to Colony Square Athletic Club and you could earn a FREE month membership!</p>		
6:30PM	 MARJORIE		 RENAE	CARDIO KICKBOX Robin			
7:35PM	YOGA COLETTE			YOGA KAREN			