


# ELEVATION

FITNESS

## Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am						
6:00am						
8:30am						
9:00am	<b>LesMILLS BODYCOMBAT</b>		<b>LesMILLS BODYCOMBAT</b>		<b>LesMILLS BODYPUMP</b>	<b>LesMILLS BODYATTACK</b>
9:30am						
10:00am	<b>LesMILLS BODYPUMP</b>		<b>LesMILLS BODYPUMP</b>			<b>LesMILLS BODYPUMP</b>
10:30am						
11:15am						
4:30pm	<b>LesMILLS BODYPUMP</b>		<b>LesMILLS tone</b>			
5:30pm			<b>LesMILLS BODYPUMP</b>			
5:30pm						
6:00pm						
6:30pm						

Facility Phone: 770-535-2985

Facility Hours: M-Th 6am-9pm, F 6am-8Pm

S-S 7am – 6pm

[www.ElevationFitness.com](http://www.ElevationFitness.com)

DayCare Hours:

M,W,F. 8:30am – 12:00pm

M,W. 4pm – 8pm Sat. 8:30am – 12pm