

# Group Fitness Schedule



**KICKBOXING - BOXING - 24/7 GYM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am - 7:00am ATL Boxing	6:30am - 7:00am Full Body Bootcamp	6:30am - 7:00am ATL Kickboxing	6:30am - 7:00am Full Body Bootcamp	6:30am - 7:00am ATL Boxing	
	8:30am - 9:00am Full Body Bootcamp		8:30am - 9:00am ATL Boxing		9:30am - 10:30am ATL Kickboxing
12:00pm - 12:30pm Upper Body Bootcamp	12:00pm - 12:30pm ATL Boxing	12:00pm - 12:30pm Lower Body Bootcamp	12:00pm - 12:30pm ATL Kickboxing	12:00pm - 12:30pm Upper Body Bootcamp	
5:00pm - 5:45pm ATL Kickboxing	5:00pm - 5:45pm Upper Body Bootcamp	5:00pm - 5:45pm ATL Boxing	5:00pm - 5:45pm Upper Body Bootcamp	5:30pm - 6:30pm ATL Kickboxing	
5:45pm - 6:15pm Full Body Bootcamp	5:45pm - 6:15pm ATL Kickboxing	5:45pm - 6:15pm Full Body Bootcamp	5:45pm - 6:15pm ATL Boxing		
6:15- 7:00pm ATL Boxing	6:15pm - 7:00pm Lower Body Bootcamp	6:15- 7:00pm ATL Kickboxing	6:15pm - 7:00pm Lower Body Bootcamp		



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