CLUBFITNESS

(336) 478-2660

GREEN VALLEY AND OAK BRANCH SCHEDULE
MASTER SCHEDULE

Our most accurate schedule can be found on our APP! Download FREE from GooglePlay or AppStore, Search "ClubFitness GSO"

Green Valley Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Spin			6:00 AM Spin	6:00 AM LesMills BODYPUMP	GREEN VALLEY CLOSED	
	8:30 AM Water Fitness		8:30 AM Water Fitness			
11:00 AM YOGA	11:00 AM YOGA	11:00 AM YOGA	11:00 AM YOGA	11:30 YOGA		
				12:15 PM LesMills BODYPUMP		
6:00 PM LesMills RPM						
6:00 PM YOGA						
6:00 PM LesMills BODYPUMP	6:00 PM Cardio	6:00 PM YOGA	6:00 PM LesMills BODYJAM			

Oak Branch Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			11:00 AM Tai Chi		10:15 AM ZUMBA	
12:15 PM Water Works			12:15 PM Water Works		11:30 AM Tai Chi	

**** Notates an additional cost, please call 336.478.2660 for more information!***

Like us on Facebook "ClubFitness Greensboro" or Instagram at "ClubFitness GSO"
You can also find the schedule in the ClubFitness App - ClubFitness GSO!