

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

					SATURDAY	SUNDAY 1
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND		
6:00 AM Stength	6:00 AM Cardio/Strength	6:00 AM Strength	6:00 AM Muscles	6:00 AM Kickboxing		
7:15 AM HIIT	7:15:00 AM Kickboxing	7:15 AM HIIT	7:30 AM Muscles	7:15 AM Plyoga		
8:15 AM Muscles	8:15 AM Kickboxing	8:15 AM	8:30 AM Kickboxing	8:15 AM Kickboxing		
9:30 AM Triple Cardio	9:30 AM Cardio/Strength	9:30 AM Muscles	9:30 AM Cardio/Strength	9:30 AM Cardio/Strength		
11:00 AM Strength	11:00 AM Beginner Yoga	11:00 AM Strength	11:00 AM Mobility Yoga	11:00 AM Strength	GREEN VALLEY CLOSED	GREEN VALLEY CLOSED
12:15 PM Strength	12:15 PM	12:15 PM Strength	12:15 PM Yoga Flow	12:15 PM Strength		
2:00 PM Beginner Function	2:00 PM Strength	2:00 PM Beginner Function	2:00 PM Strength	1:15 PM ABS		
4:30 PM HIIT	4:30 PM Strength	4:30 PM HIIT	4:30 PM Strength			
5:05 PM ABS	6PM - Fresh Air Dance	5:05 PM ABS	6PM - Fresh Air Dance			
5:30 PM Tabata 360	7:15 PM ABS	5:30 PM Dance/Abs	7:15 PM ABS			
FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND		

SPIN STUDIO AT GREEN VALLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND		
5:00 AM SPIN	5:30 AM SPIN	5:15 AM SPIN	5:00 AM SPIN	5:00 AM SPIN	GREEN VALLEY CLOSED	GREEN VALLEY CLOSED
8:30 AM SPIN	8:30 AM SPIN	6:15 AM SPIN	8:30 AM SPIN	8:30 AM SPIN		
9:30 AM SPIN	9:30 AM SPIN	9:30 AM SPIN	9:30 AM SPIN	9:30 AM SPIN		
12:15 PM SPIN	12:15 PM SPIN	12:15 PM SPIN	12:15 PM SPIN	12:15 PM SPIN		
2:00 PM SPIN	2:00 PM SPIN	2:00 PM SPIN	2:00 PM SPIN			
6:00 PM SPIN	6:00 PM SPIN	6:00 PM SPIN	6:00 PM SPIN			
FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND	FITNESS ON DEMAND		

Green Valley Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Green Valley Spin			6AM - Green Valley Spin	6:00:00 AM Green Valley Cycle/Strength		
	8:30 AM Green Valley Water Fitness		8:30 AM Green Valley Water Fitness			
12:15 PM Green Valley Strength		11:00 AM Green Valley YOGA				
6:00 PM Green Valley Spin		12:15 PM - Green Valley Strength		12:15 PM Green Valley Strength		
6:00 PM Green Valley YOGA						
6:00 PM Green Valley Tabata 360	6:00:00 PM Green Valley Dance		6:00 PM Green Valley Dance			

Oak Branch Group Fitness

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

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



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