




Master Schedule

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

Green Valley Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 26
6:00 AM Spin	6:15 AM Blast & Core		6:00 AM Spin	6:00 AM LES MILLS BODYPUMP	GREEN VALLEY CLOSED	
7:30 AM Cardio Core	7:30 AM Spin 30					
	8:30 AM Water Fitness	8:15 AM Sweat	8:30 AM Water Fitness			
	9:30 AM Strength 45		9:30 AM Low & Lift	9:30 AM Spin		
11:00 AM YOGA	11:00 AM YOGA	11:00 AM YOGA		11:30 YOGA		
12:15 PM Cardio/Strength		12:15 PM LES MILLS BODYPUMP		12:15 PM LES MILLS BODYPUMP		
6:00 PM LES MILLS RPM						
6:00 PM YOGA						
6:00 PM LES MILLS BODYPUMP	6:00 PM Cardio		6:00 PM LES MILLS 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		11:30 AM  Tai Chi	

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



Like us on Facebook or Instagram at "ClubFitness GSO", "ClubFitness Oak Branch", & "ClubFitness Green Valley"

You can also find the schedule in the ClubFitness App!