



CLUBFITNESS

GREEN VALLEY OCTOBER 8TH-14TH

336-275-1391

8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13 SATURDAY	14 SUNDAY
5:45AM LYNN LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM JEN FREE-SYLE STEP	8:00AM JESSICA LES MILLS BODYCOMBAT
8:15AM JEN	8:15AM LAUREN MUSCLES	8:15AM SABRINA LES MILLS BODYSTEP	8:15/8:45AM CHRISSE Kickbox/Muscles 30	8:15AM JEN MUSCLES	9:05AM JEN SWEAT	9:00AM REBECCA LES MILLS BODYPUMP
			9:30AM JEN SWEAT			
9:30AM NIKKI CARDIO CIRCUITS		9:30AM NIKKI CARDIO CIRCUITS	10:35AM JEN FOAM ROLLER 20	9:30AM BRISA ZUMBA	10:15AM LYNN LES MILLS BODYPUMP	
10:35AM JEN FOAM ROLLER 20	12:00PM BRISA ZUMBA	12:00PM JEN ABS 30	11:00AM PAM W ZUMBA	10:45AM JEN HARDCORE	11:15AM JESSICA ZUMBA	
12:15AM SUSAN LES MILLS BODYPUMP		12:30PM JEN LOW IMPACT 30	12:15PM MARTHA LES MILLS BODYPUMP		FALL into FITNESS ****NEW CLASS**** HARDCORE TUESDAY 4:30PM 45min Low Impact Cardio & Ab Interval Class that utilizes the fit ball and weights. ****CLASS TIMES ADDED**** TUESDAY 8:15AM MUSCLES THURSDAY 8:15AM KICKBOX 30 THURSDAY 8:45AM MUSCLES 30 THURSDAY 4:30PM	
			4:30PM MANDY LES MILLS BODYCOMBAT			
4:30PM DARREN tone	4:30PM JEN HARDCORE	4:30PM JEN MUSCLES	5:30PM DARREN LES MILLS CXWORK			
5:30PM AMBER LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP	5:45PM KARLA LES MILLS SH'BAM	6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM CHRIS CARDIO DANCE	6:30PM ANNIE LES MILLS BODYSTEP		6:30PM LYNN LES MILLS BODYPUMP			

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM CATHY Morning Flow	6:00AM OPEN YOGA			
			8:15AM JEN S. Pilates		9:15AM BARBARA Yoga Level 2	
9:30AM NIKKI Yoga Level 2		9:30AM BARBARA Yoga Level 2		9:30AM TONY Power Yoga	10:30AM SHEILA Yoga Level 1	10:30AM NIKKI Yoga Level 2
11:00AM SHEILA W. Gentle/Beg.	11:00AM SHEILA W. Yoga Level 1	11:00AM NIKKI Gentle/Beg.	11:00AM NIKKI Yoga Level 1	11:00AM MARGEE Gentle/Beg.		
		12:15PM SHEILA M. Deep Stretch Slow Flow		12:15PM MARGEE Deep Stretch Slow Flow		2:30PM LANCE Gentle/Beg.
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	6:00PM BARBARA Mixed Lev Flow Vinyasa	6:00PM TONY Yoga Level 3	6:00PM LANCE BoxingYoga			5:30PM TONY Meditation

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM MIKE C LES MILLS RPM	5:45AM JODEE SPIN	6:00AM MARGEE LES MILLS RPM	8:05AM MELISSA LES MILLS RPM	8:05AM AUDREY SPIN
9:30AM JEN SPIN		9:30AM JULIE LES MILLS RPM		8:30AM NIKKI SPIN	9:15AM JODEE SPIN	
12:15PM MARTHA SPIN	12:15PM JEN LES MILLS RPM	12:15PM CINDY N SPIN	12:15PM JULIE LES MILLS RPM	12:15PM TIFFANY SPIN		
6:00PM LISA B SPIN	6:00PM JODEE SPIN	6:00PM MARTHA LES MILLS RPM				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM TERESA Water Fitness	8:30AM AUDREY Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
9:45AM TERESA Gentle Aqua	9:45AM SANDY Gentle Aqua	9:45AM LAUREN Gentle Aqua	9:45-10:30AM Open Water			
12:00PM DAVID Water Works		12:00PM NUMEDA HIIT			2:00PM **LINDA** Hirsch Center Class	

Most accurate schedule is on our APP!-Download FREE from GooglePlay or AppStore-Search "ClubFitness Greensboro"