



CLUBFITNESS

GREEN VALLEY Feb 12-18, 2018

336-275-1391

2/12/2018 MONDAY	2/13/2018 TUESDAY	2/14/2018 WEDNESDAY	2/15/2018 THURSDAY	2/16/2018 FRIDAY	2/17/2018 SATURDAY	2/18/2018 SUNDAY
5:45AM MELISSA LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM ANNIE LES MILLS BODYSTEP	8:00AM KAREN PIYO
8:15AM JEN LOW 30	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA LES MILLS BODYSTEP		8:15AM JEN Muscles	9:05AM KAREN COUNTRY HEAT	9:00AM DARREN LES MILLS BODYPUMP
8:45AM JEN PILATES 30	8:45AM CHRISSY Muscles 30					
9:30:00 AM NIKKI CARDIO CIRCUITS	9:30AM AMBER LES MILLS BODYATTACK	9:30AM LAUREN MUSCLES	9:30AM JEN SWEAT	9:30AM BRISA Zumba	10:15AM LYNN LES MILLS BODYPUMP	
10:35 AM JEN FOAM ROLLER STRETCH	12:00PM BRISA Zumba	12:00PM SUSAN CX WORX	11:00AM REBECCA Zumba	10:45 AM JEN ABS 30	11:15AM REBECCA Zumba	
		12:30PM SUSAN LES MILLS BODYVIVE	12:15PM MARTHA LES MILLS BODYPUMP			
12:15AM SUSAN LES MILLS BODYPUMP	4:30PM MANDY LES MILLS BODYCOMBAT	4:30PM JEN Muscles	4:30PM BRISA ZUMBA STRONG		<p>****New Abs 30 class Fridays at 10:45am</p>	
4:30PM DARREN LES MILLS BODYVIVE	5:30PM REBECCA LES MILLS BODYPUMP	5:30PM CHRIS M CARDIO DANCE	5:30PM DARREN CX WORX			
5:30PM AMBER LES MILLS BODYATTACK			6:00PM SABRINA LES MILLS BODYSTEP			
	6:30PM ANNIE LES MILLS BODYSTEP	6:30PM KARLA SH'BAM	6:30PM ANN LES MILLS BODYVIVE			
			7:00PM ANN LES MILLS BODYPUMP EXPRESS			
MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM WARD Power Yoga	6:00AM OPEN YOGA			
			8:15AM JEN Pilates		9:15AM Steve Yoga Level 2	
9:30AM NIKKI Yoga Level 2		9:30AM NIKKI Yoga Level 2		9:30AM TONY Power Yoga	10:30AM SHEILA Yoga Level 1	10:30AM Steve Yoga Level 2
11:00AM SHEILA Gentle/Beg. Yoga	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg. Yoga	11:00AM NIKKI Yoga Level 1	11:00am Mona Gentle/Beg. Yoga		
		12:15PM ANNE Deep Stretch Slow Flow		12:15pm Mona Deep Stretch Slow Flow		2:30 PM Anne H. Gentle/Beg. Yoga
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	5:30PM BARBARA Warm Flow Vinyasa	6:00PM STEVE Yoga Level 3	6:00PM JEN J. Yoga Level 2			5:30PM TONY Yoga Level 3
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM MIKE C LES MILLS RPM	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MARTHA LES MILLS RPM	8:05AM JEN SPIN
9:30AM JEN LES MILLS RPM		9:30AM JULIE LES MILLS RPM		8:30AM NIKKI SPIN	9:15AM NICOLE SPIN	
12:15 MARTHA SPIN	12:15PM JEN LES MILLS RPM	12:15PM LISA B SPIN	12:15PM JULIE LES MILLS RPM			
				12:15PM TIFFANY SPIN		
6:00AM LISA B SPIN	6:00PM LISA B SPIN	6:00PM JODEE SPIN				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KIM Water Fitness	8:30AM TERESA Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
9:45AM TERESA Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			

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