



**GREEN VALLEY
MARCH 11TH-17TH**

336-275-1391

3/11/2019 MONDAY	3/12/2019 TUESDAY	3/13/2019 WEDNESDAY	3/14/2019 THURSDAY	3/15/2019 FRIDAY	3/16/2019 SATURDAY	3/17/2019 SUNDAY
5:45AM melissa LES MILLS BODYPUMP			6:00AM MELISSA LES MILLS BODYPUMP		8:00AM DANA LES MILLS BODYSTEP	8:00AM CHRISSEY KICKBOXING
8:15AM JEN LOW 30	8:15AM CHRISSEY KICKBOXING 30	8:15AM SABRINA LES MILLS BODYSTEP	8:15AM LAUREN S&L	8:15AM JEN Muscles	9:05AM KAREN PIYO	9:00AM REBECCA LES MILLS BODYPUMP
8:45AM JEN PILATES 30	8:45AM CHRISSEY MUSCLES 30					
9:30AM NIKKI Cardio Circuits	9:30AM BRISA Strong	9:30AM AUDREY Muscles	9:30AM JEN sweat	9:30AM CHRIS ZUMBA	10:15AM REBECCA LES MILLS BODYPUMP	
10:35AM JEN Foam Roller 20	11:15 JEN FLEXIBLE STRENGTH		10:35 AM JEN Foam Roller 20	10:45AM JEN HARDCORE	11:15AM REBECCA ZUMBA	
11:15AM JEN LOW LITE	12:15 PM BRISA ZUMBA	12:15 PM JEN ABS 30	11:00AM REBECCA ZUMBA			
12:15PM JAMES LES MILLS BODYPUMP		12:45 PM JEN LOW 30	12:15PM LYNN LES MILLS BODYPUMP			
4:30PM DARREN tone	4:30PM DANA sweat	4:30PM JEN Muscles	4:30PM AUDREY LES MILLS BODYPUMP			
5:30PM CHRISSEY sweat	5:30PM REBECCA LES MILLS BODYPUMP	5:45PM KARLA LES MILLS SH'BAM	5:30PM JEN LES MILLS CX WORK			
			6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM CHRIS ZUMBA	6:30PM ANNIE LES MILLS BODYSTEP		6:30PM JAMES LES MILLS BODYPUMP			



OAK BRANCH LOCATION:

DO YOU WANT TO WORK IN THE ZONE?
THESE WEEKEND CLASSES ARE OPEN TO ALL MEMBERS, BUT WILL HAVE ADDITIONAL CUEING FOR myzone PARTICIPANTS.

GRIT myzone
12:15 FRIDAY, 3/15
MUSCLES 30 myzone
9:15AM SUNDAY, 3/17
GRIT CARDIO myzone
9:45 AM SUNDAY, 3/17

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			
9:30AM Nikki Yoga Level 2		9:30AM BARBARA Yoga Level 2	8:15AM JEN S. Pilates	9:30AM TONY Power Yoga	9:15AM KRISTY Yoga Level 2	
11:00AM Nikki Gentle/Beg.	11:00AM SHEILA W. Yoga Level 1	11:00AM Anne H. Gentle/Beg.	11:00AM Nikki Yoga Level 1	11:00AM Mona Gentle/Beg.	10:30AM Sheila Yoga Level 1	10:30AM Steve Deep Stretch
12:15pm Sheila Level 1		12:15PM Anne H. Deep Stretch Slow Flow		12:15PM Mona Deep Stretch Slow Flow		2:30PM Anne H. Gentle/Beg.
						4:00PM LORA Yoga Level 2
6:00PM LORETTA Yoga Level 2	6:00PM Loretta Mixed Lev Flow Vinyasa	6:00PM TONY Level 2 Plus	6:00PM LANCE Yoga Basics			5:30PM Kristy Meditation

SPIN/RPM STUDIO

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

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 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 TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			
					2:00PM **LINDA** Hirsch Center Class	

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