



CLUBFITNESS

GREEN VALLEY MARCH 12TH-18TH, 2018

336-275-1391

3/12/2018 MONDAY		3/13/2018 TUESDAY		3/14/2018 WEDNESDAY		3/15/2018 THURSDAY		3/16/2018 FRIDAY		3/17/2018 SATURDAY		3/18/2018 SUNDAY	
5:45AM AMY N						6:00AM VICKY				8:00AM ANNIE		8:00AM JEN	
												KICKBOXING CIRCUITS	
8:15AM JEN		8:15AM CHRISSY		8:15AM SABRINA				8:15AM JEN		9:05AM JEN		9:00AM DARREN	
LOW 30		Kickboxing 30						Muscles		SWEAT			
8:45AM JEN		8:45AM CHRISSY											
PILATES 30		Muscles 30											
9:30:00 AM NIKKI		9:30AM AMBER		9:30AM LAUREN		9:30AM JEN		9:30AM DANYL		10:15AM MARTHA			
CARDIO CIRCUITS				MUSCLES		SWEAT		CARDIO DANCE					
10:35 AM JEN		12:00PM BRISA		12:00PM SUSAN		11:00AM REBECCA				11:15AM KAREN			
FOAM ROLLER STRETCH		Zumba				Zumba				COUNTRY HEAT			
				12:30PM SUSAN		12:15PM DANYL							
12:15AM SUSAN		4:30PM MANDY		4:30PM BRISA		4:30PM JEN							
				STRONG		MUSCLES							
4:30PM DARREN		5:30PM REBECCA		5:30PM CHRIS M		5:30PM DARREN							
				CARDIO DANCE									
5:30PM AMBER						6:00PM SABRINA							
		6:30PM ANNIE		6:30PM KARLA		6:30PM ANN							
						7:00PM ANN							
MIND/BODY STUDIO													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00AM		6:00AM		6:00AM WARD		6:00AM							
OPEN YOGA		OPEN YOGA		Power Yoga		OPEN YOGA				9:15AM Barbara			
						8:15AM JEN				Yoga Level 2			
						Pilates							
9:30AM NIKKI				9:30AM NIKKI				9:30AM Steve		10:30AM SHEILA		10:30AM Steve	
Yoga Level 2				Yoga Level 2				Power Yoga		Yoga Level 1		Yoga Level 2	
11:00AM SHEILA		11:00AM SHEILA		11:00AM NIKKI		11:00AM NIKKI		11:00am Margee					
Gentle/Beg. Yoga		Yoga Level 1		Gentle/Beg. Yoga		Yoga Level 1		Gentle/Beg. Yoga					
				12:15PM ANNE		12:15 Susan		12:15pm Margee				2:30 PM Nikki	
				Deep Stretch Slow Flow		Flex/Strength		Deep Stretch Slow Flow				Gentle/Beg. Yoga	
												4:00PM LORA	
												Yoga Level 2	
6:00PM LORETTA		5:30PM BARBARA		6:00PM STEVE		6:00PM JEN J.						5:30PM TONY	
Yoga Level 2		Warm Flow Vinyasa		Yoga Level 3		Yoga Level 2						Yoga Level 3	
SPIN/RPM STUDIO													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
		5:45AM KARA		5:30AM MELISSA		5:45AM KATHY		6:00AM DANYL		8:05AM MIKE C		8:05AM VICKY	
		SPIN				SPIN		SPIN				SPIN	
9:30AM JEN				9:30AM JULIE				8:30AM NIKKI		9:15AM JODEE			
								SPIN		SPIN			
12:15 PEGGY		12:15PM JEN		12:15PM LISA B		12:15PM MARGEE							
SPIN				SPIN									
								12:15PM TIFFANY					
								SPIN					
6:00AM LISA B		6:00PM JODEE		6:00PM JODEE									
SPIN		SPIN		SPIN									
POOL													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
8:30AM TERESA		8:30AM TABITHA		8:30AM KIM		8:30AM TERESA		8:30AM ANNA		9:00AM RITA			
Water Fitness		Water Fitness		Water Fitness		Water Fitness		Water Fitness		Water Fitness			
9:45AM TERESA		9:45AM TABITHA		9:45-10:30AM		9:45-10:30AM							
Gentle Aqua		Gentle Aqua		Open Water		Open Water							

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