



GREEN VALLEY APRIL 9-15, 2018

336-275-1391

9		10		11		12		13		14		15			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
5:45AM MELISSA 						6:00AM VICKY 									
8:15AM SUSAN 		8:15AM CHRISSY Kickboxing 30		8:15AM SABRINA 				8:15AM CHRISSY Muscles		8:00AM KATHARINE 		8:00AM JEN SWEAT			
		8:45AM CHRISSY Muscles 30								9:05AM KAREN Country Heat		9:00AM LYNN 			
9:30AM NIKKI CARDIO CIRCUITS		9:30AM AMBER 		9:30AM LAUREN Muscles		9:30AM KATHARINE SWEAT		9:30AM BRISA Zumba		10:15AM REBECCA 					
10:35 AM JEN Foam Roller Stretch						11:00AM REBECCA Zumba				11:15AM REBECCA Zumba					
		12:00PM BRISA Zumba		12:00PM SUSAN 						<p><i>Please Note: Wednesday, 4/11 4:30pm Strong has been cancelled this week.</i></p>					
12:15AM SUSAN 				12:30PM SUSAN 		12:15PM MARTHA 									
4:30PM DARREN 		4:30PM MANDY 		4:30PM no class today											
5:30PM AMBER 		5:30PM REBECCA 		5:30PM CHRIS M CARDIO DANCE		5:30PM DARREN 									
						6:00PM SABRINA 									
		6:30PM ANNIE 		6:30PM KARLA 		6:30PM LYNN 									
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									
						8:15 AM TONY Pilates						9:15AM STEVE 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 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 Susan Flex/Strength		12:15pm Mona Deep Stretch Slow Flow				2:30 PM NIKKI Gentle/Beg. Yoga			
												4:00PM Lora Yoga Level 2			
6:00PM LORETTA Yoga Level 2		5:30PM BARBARA Warm Flow Vinyasa		6:00PM LORA 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 MELISSA SPIN		5:30AM MELISSA 		5:45AM KATHY SPIN		6:00AM MARTHA SPIN		8:05AM MIKE C 		8:05AM LISA B SPIN			
9:30AM JEN 				9:30AM JULIE 				8:30AM NIKKI SPIN		9:15AM LISA B SPIN					
12:15 MARTHA SPIN		12:15PM KATHY SPIN		12:15PM CINDY N SPIN		12:15PM MARGEE 									
								12:15PM TIFFANY SPIN							
6:00AM LISA B SPIN		6:00PM JODEE SPIN		6:00PM JODEE SPIN											
POOL															
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
8:30AM Moved to OB NO CLASS TODAY		8:30AM Moved to OB NO CLASS TODAY		8:30AM KIM Water Fitness		8:30AM TERESA Water Fitness		8:30AM ANNA Water Fitness		9:00AM RITA Water Fitness					
9:45AM CANCELED NO CLASS TODAY		9:45AM Moved to OB NO CLASS TODAY		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"