



GREEN VALLEY  
MAY 13th-19th

336-275-1391

5/13/2019 MONDAY 5:45AM LYNN	5/14/2019 TUESDAY	5/15/2019 WEDNESDAY	5/16/2019 THURSDAY 6:00AM VICKY	5/17/2019 FRIDAY	5/18/2019 SATURDAY 8:00AM DANA	5/19/2019 SUNDAY 8:00AM JEN
<b>LES MILLS BODYPUMP</b>			<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYSTEP</b>	FLEXIBLE STRENGTH
8:15AM JEN	8:15AM CHRISSEY	8:15AM SABRINA		8:15AM JEN	9:05AM KARLA	9:00AM REBECCA
<b>LOW 30</b>	KICKBOXING 30	<b>LES MILLS BODYSTEP</b>		<b>Muscles</b>	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>
8:45AM JEN	8:45AM CHRISSEY					
<b>PILATES 30</b>	<b>MUSCLES 30</b>					
9:30AM NIKKI	9:30AM BRISA	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM REBECCA	
Cardio Circuits	<b>Strong</b>	<b>Muscles</b>	<b>sweat</b>	<b>ZUMBA</b>	<b>LES MILLS BODYPUMP</b>	
10:35AM JEN	11:15 JEN		10:35 AM JEN	10:45AM JEN	11:15AM REBECCA	
<b>Foam Roller 20</b>	FLEXIBLE STRENGTH		<b>Foam Roller 20</b>	<b>HARDCORE</b>	<b>ZUMBA</b>	
11:15AM JEN	12:15 PM BRISA	12:15 PM JEN	11:00AM REBECCA			
<b>LOW 45</b>	<b>ZUMBA</b>	<b>ABS 30</b>	<b>ZUMBA</b>			
12:15PM JAMES		12:45 PM JEN	12:15PM LYNN			
<b>LES MILLS BODYPUMP</b>		<b>LOW 30</b>	<b>LES MILLS BODYPUMP</b>			
4:30PM AUDREY	4:30pm DANA	4:30PM JEN	4:30PM JEN			
<b>LES MILLS BODYPUMP</b>	<b>sweat</b>	<b>Muscles</b>	<b>KICKBOXING</b>			
5:30PM SABRINA	5:30PM MARTHA	5:45PM KARLA	5:30PM DARREN			
<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS SH'BAM</b>	<b>LES MILLS CXWORX</b>			
			6:00PM SABRINA			
			<b>LES MILLS BODYSTEP</b>			
6:30PM CHRIS	6:30PM CHRISSEY		6:30PM JAMES			
<b>ZUMBA</b>	<b>sweat</b>		<b>LES MILLS BODYPUMP</b>			

MIND/BODY STUDIO

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Kristi	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	Morning Flow	<b>OPEN YOGA</b>			
9:30AM Nikki		9:30AM Nikki	8:15AM JEN S.	9:30AM TONY	9:00AM Lora	10:30AM Steve
Yoga Level 2		Level 2	<b>Pilates</b>	Power Yoga	Yoga Level 2	Special Birthday!
11:00AM Nikki	11:00AM SHEILA W.		11:00AM Nikki	11:00AM Margee	10:30AM Sheila	10:30AM Steve
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Yoga Level 2
12:15pm Sheila		11:00am Anne H.		12:15PM Margee		2:30PM Anne H.
<b>Level 1</b>		12:15pm Anne H.		Deep Stretch Slow Flow		Gentle/Beg.
		Slow Flow/Deep Stretch				4:00PM Lora
						Yoga Level 2
6:00PM LORETTA	6:00PM BARBARA	6:00PM TONY	6:00PM LANCE			
Yoga Level 2	Mixed Lev Flow Vinyasa	Level 2 Plus	Yoga for Everyone			

SPIN/RPM STUDIO

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

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM KIM	8:30AM AUDREY	8:30AM ANNA	9:00AM RITA	**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
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			
					2:00PM **LINDA**	
					Hirsch Center Class	

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