



GREEN VALLEY
JUNE 17TH-23RD

336-275-1391

6/17/2019 MONDAY	6/18/2019 TUESDAY	6/19/2019 WEDNESDAY	6/20/2019 THURSDAY	6/21/2019 FRIDAY	6/22/2019 SATURDAY	6/23/2019 SUNDAY
5:45AM LYNN LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM DANA LES MILLS BODYSTEP	8:00AM JEN KICKBOXING
8:15AM JEN LOW 30	8:15AM CHRISSY KICKBOXING 30	8:15AM SABRINA LES MILLS BODYSTEP		8:15AM JEN Muscles	9:05AM JEN sweat	9:00AM LYNN LES MILLS BODYPUMP
8:45AM JEN	8:45AM CHRISSY					
PILATES 30	MUSCLES 30					
9:30AM NIKKI CARDIO CIRCUITS	9:30AM CHRISSY <i>DANCE & SCULPT</i>	9:30AM AUDREY Muscles	9:30AM JEN sweat	9:30AM CHRIS ZUMBA	10:15AM JAMES LES MILLS BODYPUMP	
10:35AM JEN	11:15 JEN FLEXIBLE STRENGTH		10:35 AM JEN Foam Roller 20	10:45AM JEN HARDCORE	11:15AM KERRI ZUMBA	
11:15AM JEN LOW LITE	12:15 PM CHRIS ZUMBA	12:15 PM JEN ABS 30	11:00AM JEN LOW LITE			
12:15PM JAMES LES MILLS BODYPUMP		12:45 PM JEN LOW 30	12:15PM MARTHA LES MILLS BODYPUMP			
4:30PM AUDREY LES MILLS BODYPUMP	4:30PM DANA sweat	4:30PM JEN Muscles	4:30PM JEN KICKBOXING			
5:30PM SABRINA LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP	5:45PM KARLA SH'BAM	5:30PM JAMES CX WORX			
			6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM CHRIS ZUMBA	6:30PM CHRISSY sweat		6:30PM ANN tone			
			6:30PM 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 Kristy Morning Flow	6:00AM OPEN YOGA			
9:30AM Nikki Yoga Level 2		9:30AM Nikki Level 2	8:15AM Jen S. Mat Pilates	9:30AM Lauren Power Flow Yoga	9:00AM Kristy Yoga Level 2	10:30am Nikki Level 2
11:00AM Nikki Gentle/Beg.	11:00AM SHEILA W. Yoga Level 1	Gentle/Beg.	11:00AM Nikki Yoga Level 1	11:00AM Anne H. Gentle/Beg.	10:30AM Sheila Yoga Level 1	
12:15pm Sheila Level 1		11:00am Anne H. 12:15pm Anne H. Slow Flow/Deep Stretch		12:15PM Anne H. Deep Stretch Slow Flow		2:30pm Loretta Gentle/Beg.
6:00PM Lora Yoga Level 2	6:00PM Nikki <i>Mixed Lev Flow Vinyasa</i>	6:00PM TONY Level 2 Plus	6:00PM Lance Yoga for Everyone			4:00pm Loretta Level 2
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM MIKE C LES MILLS RPM	5:45AM LISA B SPIN	6:00AM VICKY SPIN	8:05AM MELISSA LES MILLS RPM	8:00AM VICKY SPIN
9:30AM JEN SPIN		9:30AM JULIE LES MILLS RPM		8:30AM NIKKI SPIN	9:15AM MARTHA SPIN	
12:15PM MARTHA SPIN	12:15PM JEN LES MILLS RPM	12:15PM CINDY SPIN	12:15PM JULIE LES MILLS RPM	12:15PM LISA B SPIN		
6:00PM LISA B SPIN	5:30 PM LISA B SPIN 45	6:00PM MARTHA LES MILLS RPM	6:00PM JENNY SPIN			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM LIZ 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 **TERESA** Hirsch Center Class	

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