



CLUBFITNESS

GREEN VALLEY JULY 9TH-15TH

336-275-1391

9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY	15 SUNDAY
5:45AM AMY LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM ANNIE LES MILLS BODYSTEP	
8:15AM JEN Muscles	8:15AM JEN Kickboxing 30	8:15AM SABRINA LES MILLS BODYSTEP		8:15AM JEN Muscles		8:00AM JEN SWEAT
	8:45AM JEN Muscles 30				9:05AM KARLA LES MILLS BODYATTACK	9:00AM DARREN LES MILLS BODYPUMP
9:30 AM DARREN tone	9:30AM AMBER LES MILLS BODYATTACK	9:30AM LAUREN Muscles	9:30AM JEN SWEAT	9:30AM KARLA LES MILLS SH'BAM	10:15AM LYNN LES MILLS BODYPUMP	
10:35 AM JEN Foam Roller Stretch		12:00PM SUSAN EX EX WORX	11:00AM REBECCA Zumba		11:15AM JESSICA /JEN Zumba	
12:15AM SUSAN LES MILLS BODYPUMP	12:00PM PAM W Zumba	12:30PM SUSAN tone	12:15PM MARTHA LES MILLS BODYPUMP			
4:30PM DARREN tone		4:30PM JEN Muscles	5:30PM DARREN EX EX WORX			
5:30PM AMBER LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP	5:45PM KARLA SH'BAM	6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM ANNIE LES MILLS BODYSTEP	6:30PM CHRIS CARDIO DANCE		6:30PM ANN LES MILLS BODYVIVE			
			7:00PM ANN LES MILLS BODYPUMP EXPRESS			

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:0-0am OPEN YOGA	6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM OPEN YOGA			
			8:15AM JEN S. Pilates		9:15AM Barbara Yoga Level 2	
9:30am Nikki Yoga Level 2				9:30AM TONY Power Yoga	10:30AM SHEILA Yoga Level 1	10:30AM Nikki Yoga Level 2
11:00am Sheila Gentle/Beg.	11:00AM SHEILA Yoga Level 1	11:00AM Nikki Gentle/Beg.	11:00AM Nikki Yoga Level 1	11:00AM Tony Gentle/Beg.		
		12:15PM Nikki Deep Stretch Slow Flow		12:15PM Tony Deep Stretch Slow Flow		2:30 PM Barbara Gentle/Beg.
						4:00PM LORA Yoga Level 2
6:00pm Lora McPhail Level 2	5:30PM BARBARA Warm Flow Vinyasa	6:00PM Tony Yoga Level 3				

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM KARA	5:45AM JODEE	6:00AM MARTHA	8:05AM MARTHA	8:05AM VICKY
	SPIN	SPIN	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM JEN SPIN		9:30AM JULIE LES MILLS RPM		8:30AM LISA B SPIN	9:15AM LISA B SPIN	
12:15PM CINDY N SPIN	12:15PM JULIE LES MILLS RPM	12:15PM LISA B SPIN	12:15PM JULIE LES MILLS RPM	12:15PM CINDY N SPIN		
6:00PM LISA B SPIN	6:00PM JODEE SPIN	6:00PM MARTHA 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 LINDA Water Works	
9:45AM AUDREY Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water		2:00-3:00PM Water Closed	

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