



CLUBFITNESS

GREEN VALLEY SEPTEMBER 10TH-16TH

336-275-1391

10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY	15 SATURDAY	16 SUNDAY
5:45AM LYNN LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM ANNIE LES MILLS BODYSTEP	8:00AM JEN SWEAT
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA		8:15AM JEN	9:05AM KARLA	9:00AM DARREN
LOW IMPACT 30	Kickboxing 45	LES MILLS BODYSTEP		MUSCLES	LES MILLS BODYATTACK	LES MILLS BODYPUMP
8:45AM JEN	8:45AM CHRISSY		9:30AM JEN			
PILATES 30	Muscles 45		SWEAT			
9:30:00 AM NIKKI		9:30AM NIKKI	10:35AM JEN	9:30AM BRISA	10:15AM REBECCA	
CARDIO CIRCUITS		CARDIO CIRCUITS	FOAM ROLLER 20	ZUMBA	LES MILLS BODYPUMP	
10:35 AM JEN	12:00PM BRISA	12:00 PM JEN	11:00AM REBECCA		11:15AM REBECCA	
FOAM ROLLER 20	ZUMBA	Abs 30	ZUMBA		ZUMBA	
		12:30PM JEN	12:15PM MARTHA			
		LOW IMPACT 30	LES MILLS BODYPUMP			
12:15AM SUSAN	4:30PM MANDY	4:30PM AUDREY	4:30 PM BRISA			
LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	MUSCLES	STRONG			
4:30PM DARREN	5:30PM MARTHA	5:45PM KARLA	5:30PM DARREN			
tone	LES MILLS BODYPUMP	LES MILLS SH'BAM	LES MILLS CXWORX			
5:30PM AMBER			6:00PM SABRINA			
LES MILLS BODYATTACK			LES MILLS BODYSTEP			
6:30PM CHRIS	6:30PM ANNIE		6:30PM JESSICA			
CARDIO DANCE	LES MILLS BODYSTEP		LES MILLS BODYPUMP			

HAPPY FALL!
 ClubFitness Green Valley Class
 Schedule New Fall Additions:
 *Tues, 4:30pm BODY COMBAT
 *Thurs, 4:30pm STRONG
 *2 Fridays per month, 5:15pm FIT
FRIDAYS
 (Class Type & Instructors will Rotate)

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM			
OPEN YOGA	OPEN YOGA	OPEN YOGA	OPEN YOGA			
			8:15AM JEN S.		9:15AM DONNA	
			Pilates		Yoga Level 2	
9:30AM NIKKI				9:30AM TONY	10:30AM DONNA	10:30AM NIKKI
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 Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.		
		12:15PM NIKKI		12:15PM MARGEE		2:30PM ERIN
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.
						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	Yoga Level 3	BoxingYoga			

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA	5:30AM MIKE C	5:45AM JODEE	6:00AM MARTHA	8:05AM MIKE C	8:05AM LISA B
	SPIN	LES MILLS RPM	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM JODEE	
SPIN		LES MILLS RPM		SPIN	SPIN	
12:15PM MARTHA	12:15PM JEN	12:15PM AUDREY	12:15PM JULIE	12:15PM TIFFANY		
SPIN	LES MILLS RPM	SPIN	LES MILLS RPM	SPIN		
6:00PM AUDREY	6:00PM JODEE	6:00PM MARTHA				
LES MILLS RPM	SPIN	LES MILLS RPM				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM ANNE	8:30AM AUDREY	8:30AM ANNA	9:00AM RITA	
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
9:45AM TERESA	9:45AM TABITHA	9:45AM LAUREN	9:45-10:30AM			
Gentle Aqua	Gentle Aqua	Gentle Aqua	Open Water			
12:00PM DAVID		12:00PM NUMEDA			2:00PM LINDA	
Water Works		HIIT			Hirsch Center Class	

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