

Our most accurate schedule can be found on our APP! Download FREE from GooglePlay or AppStore, Search "ClubFitness Greensboro"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM - Alloy - David Green Valley AFTERBURN		5AM - Alloy - Melissa Green Valley AFTERBURN		5AM - Alloy - David Green Valley AFTERBURN		
6AM - Alloy - David Green Valley SEMI-PRIVATE	6AM - Alloy - David Green Valley AFTERBURN		6AM - Alloy - James Green Valley AFTERBURN	6AM - Alloy - David Green Valley SEMI-PRIVATE		
7AM Alloy - David Green Valley SEMI-PRIVATE	7AM Alloy - David Green Valley Foundations		7AM Alloy - James Green Valley Foundations	7AM Alloy - David Green Valley SEMI-PRIVATE		
	8AM Alloy - David Green Valley SEMI-PRIVATE	8AM Alloy - Elizabeth Green Valley SEMI-PRIVATE				
9AM Alloy - David Green Valley SEMI-PRIVATE		9AM Alloy - Elizabeth Green Valley SEMI-PRIVATE		9AM Alloy - David Green Valley SEMI-PRIVATE	GREEN VALLEY CLOSED	GREEN VALLEY CLOSED
	12:15PM Ashley Green Valley AFTERBURN			12:15PM - Alloy - Ashley Green Valley AFTERBURN		
	4PM Alloy - Ashley Green Valley SEMI-PRIVATE					
5:30PM Alloy - Nick Green Valley SEMI-PRIVATE		5:30PM Alloy - Nick Green Valley SEMI-PRIVATE				
6PM - Alloy - Ashley Green Valley AFTERBURN		6PM - Alloy - Ashley Green Valley AFTERBURN				

PARISI (Youth Performance) TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30PM - PARISI - Alissa Oak Branch Parisi JS2	5:30PM - PARISI - Alissa Oak Branch Parisi JS2	5:30PM - PARISI - Christan Oak Branch Parisi JS2	5:30PM - PARISI - Christan Oak Branch Parisi JS2			
5:30PM - PARISI - Alissa Oak Branch Parisi JS2	5:30PM - PARISI - Alissa Oak Branch Parisi JS2	5:30PM - PARISI - Christan Oak Branch Parisi JS2	5:30PM - PARISI - Christan Oak Branch Parisi JS2			
	6:30PM - PARISI - Alissa Oak Branch Parisi Total Perf.		6:30PM - PARISI - Jon Oak Branch Parisi Total Perf.			
6:30PM - PARISI - Alissa Oak Branch Parisi Total Perf.	6:30PM - PARISI - Christan Oak Branch Parisi Elite	6:30PM - PARISI - Alissa Oak Branch Parisi Total Perf.	6:30PM - PARISI - Jon Oak Branch Parisi Elite			



* Notates an additional cost, please call 336.478.2660 for more information!
Like us on Facebook or Instagram at "ClubFitness GSO", "ClubFitness Oak Branch", & "ClubFitness Green Valley"



JOIN US SUNDAY AT 8:00AM FOR DRUM'S ALIVE!

Drums Alive® combines the benefits of a traditional physical fitness program with the brain benefits of music & rhythm. This fun cardiovascular workout uses drum sticks & the fitball to get you sweating!

LES MILLS
BODYPUMP

LES MILLS
CXWORK

AFTERBURN

TYTLE BOXING CLUB

TYTLE

SEMI-PRIVATE



YOGA

FEE BASED
The Hirsch Cancer Center Class is a fee-based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org

