

### GREEN VALLEY AND OAK BRANCH SCHEDULE

Download FREE our APP from GooglePlay or AppStore, Search "ClubFitness Greensboro"

to find instructor's names for our LIVE classes  
GROUP STUDIO AT GREEN VALLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>		
6:00 AM <b>Strength</b>	6:00 AM <b>Cardio/Strength</b>	6:00 AM <b>Strength</b>	6:00 AM <b>Yoga</b>	6:00 AM <b>Kickboxing</b>	<b>GREEN VALLEY CLOSED</b>	<b>GREEN VALLEY CLOSED</b>
7:15 AM <b>HIIT</b>	7:15:00 AM <b>Kickboxing</b>	7:15 AM <b>HIIT</b>	7:15 AM <b>Muscles</b>	7:15 AM <b>Plyoga</b>		
8:15 AM <b>Muscles</b>	8:15 AM <b>Kickboxing</b>	8:15 AM <b>PowerStep</b>	8:15 AM <b>Kickboxing</b>	8:15 AM <b>Muscles</b>		
9:30 AM <b>Triple Cardio</b>	9:30 AM <b>Cardio/Strength</b>	9:30 AM <b>Muscles</b>	9:30 AM <b>Cardio/Strength</b>	9:30 AM <b>Cardio/Strength</b>		
11:00 AM <b>Barre/Pilates</b>	11:00 AM <b>Beginner Yoga</b>	11:00 AM <b>Strength</b>	11:00 AM <b>Mobility Yoga</b>	11:00 AM <b>Strength</b>		
12:15 PM <b>NOT AVAILABLE</b>	12:15 PM <b>PowerStep</b>	12:15 PM <b>NOT AVAILABLE</b>	12:15 PM <b>Yoga Flow</b>	12:15 PM <b>NOT AVAILABLE</b>		
2:00 PM <b>Beginner Function</b>	2:00 PM <b>Strength</b>	2:00 PM <b>Beginner Function</b>	2:00 PM <b>Strength</b>	1:15 PM <b>ABS</b>		
4:30 PM <b>HIIT</b>	4:30 PM <b>Strength</b>	4:30 PM <b>HIIT</b>	4:30 PM <b>Strength</b>			
5:05 PM <b>ABS</b>	6PM - Fresh Air <b>NOT AVAILABLE</b>	5:05 PM <b>ABS</b>	6PM - Fresh Air <b>NOT AVAILABLE</b>			
5:30 PM <b>NOT AVAILABLE</b>	7:15 PM <b>ABS</b>	5:30 PM <b>Dance/Abs</b>	7:15 PM <b>ABS</b>			
<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>		

#### SPIN STUDIO AT GREEN VALLEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>		
5:00 AM <b>SPIN</b>	5:30 AM <b>SPIN</b>	5:15 AM <b>SPIN</b>	5:00 AM <b>SPIN</b>	5:00 AM <b>SPIN</b>	<b>GREEN VALLEY CLOSED</b>	<b>GREEN VALLEY CLOSED</b>
8:30 AM <b>SPIN</b>	8:30 AM <b>SPIN</b>	6:15 AM <b>SPIN</b>	8:30 AM <b>SPIN</b>	8:30 AM <b>SPIN</b>		
9:30 AM <b>SPIN</b>	9:30 AM <b>SPIN</b>	9:30 AM <b>SPIN</b>	9:30 AM <b>SPIN</b>	9:30 AM <b>SPIN</b>		
12:15 PM <b>SPIN</b>	12:15 PM <b>SPIN</b>	12:15 PM <b>SPIN</b>	12:15 PM <b>SPIN</b>	12:15 PM <b>SPIN</b>		
2:00 PM <b>SPIN</b>	2:00 PM <b>SPIN</b>	2:00 PM <b>SPIN</b>	2:00 PM <b>SPIN</b>			
6:00 PM <b>SPIN</b>	6:00 PM <b>SPIN</b>	6:00 PM <b>SPIN</b>	6:00 PM <b>SPIN</b>			
<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>	<b>FITNESS ON DEMAND</b>		

#### Green Valley Live Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM Green Valley <b>Spin</b>			6:00 AM Green Valley <b>Spin</b>	6:00 AM Green Valley <b>Cycle/Strength</b>		
	8:30:00 AM Green Valley <b>Water Fitness</b>		8:30 AM Green Valley <b>Water Fitness</b>			
12:15 PM Green Valley <b>Strength</b>		11:00 AM Green Valley <b>YOGA</b>				
6:00 PM Green Valley <b>Spin</b>		12:15 PM Green Valley <b>Strength</b>		12:15 PM Green Valley <b>Strength</b>		
6:00 PM Green Valley <b>YOGA</b>	6:00 PM Green Valley <b>Dance</b>		6:00 PM Green Valley <b>Dance</b>			

#### Oak Branch Live Group Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			11:00:00 AM Oak Branch <b>Tai Chi</b>		10:15 AM Oak Branch <b>ZUMBA</b>	
12:15 PM Oak Branch <b>Water Works</b>			12:15 PM Oak Branch <b>Water Works</b>		11:30 AM Oak Branch <b>Tai Chi</b>	

\* Notates an additional cost, please call 336.275.1391 for more information!

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