

Master Group Exercise Schedule

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

Green Valley

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|---------------------------------|--------------------------------------|---------------------------------------|--|----------------------------|----------------------------|
| 6:00 AM Spin | | | 6:00 AM Spin | 6:00:00 AM Cycle/Strength or LOGWILLS BODYPUMP | GREEN VALLEY CLOSED | GREEN VALLEY CLOSED |
| | 8:30 AM Water Fitness | | 8:30:00 AM Water Fitness | | | |
| 12:15 PM LOGWILLS BODYPUMP | | 11:00 AM YOGA | | 11:30 AM YOGA | | |
| 6:00 PM LOGWILLS RPM | | 12:15 PM LOGWILLS BODYPUMP | | 12:15 PM LOGWILLS BODYPUMP | | |
| 6:00 PM YOGA | | | | | | |
| 6:00 PM LOGWILLS BODYPUMP | 6:00:00 PM Open | | 6:00:00 PM LOGWILLS BODYJAM | | | |

Oak Branch

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|---------|-----------|--------------------------------|--------|----------------------------|--------|
| | | | 11:00:00 AM Tai Chi | | 10:15 AM ZUMBA | |
| 12:15 PM Water Works | | | 12:15 PM Water Works | | 11:30 AM Tai Chi | |

Green Valley Fitness Studio

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|----------------------------|----------------------------|
| | LOGWILLS BODYBALANCE | | LOGWILLS BODYBALANCE | | GREEN VALLEY CLOSED | GREEN VALLEY CLOSED |
| 6:00 AM EmPOWER - GROUP FITNESS | 6:00 AM EmPOWER - GROUP FITNESS | 6:00 AM EmPOWER - GROUP FITNESS | 6:00 AM GRIT | 6:00 AM EmPOWER - GROUP FITNESS | | |
| 7:15 AM EmPOWER - GROUP FITNESS | 7:15 AM EmPOWER - GROUP FITNESS | 7:15 AM EmPOWER - GROUP FITNESS | 7:15 AM EmPOWER - GROUP FITNESS | 7:15 AM EmPOWER - GROUP FITNESS | | |
| 8:15 AM EmPOWER - GROUP FITNESS | 8:15 AM EmPOWER - GROUP FITNESS | 8:15 AM EmPOWER - GROUP FITNESS | 8:15 AM EmPOWER - GROUP FITNESS | 8:15 AM EmPOWER - GROUP FITNESS | | |
| 9:30 AM | 9:30 AM EmPOWER - GROUP FITNESS | 9:30 AM EmPOWER - GROUP FITNESS | 9:30 AM EmPOWER - GROUP FITNESS | 9:30 AM EmPOWER - GROUP FITNESS | | |
| 11:00 AM LOGWILLS BODYPUMP | 11:00 AM LOGWILLS BODYBALANCE | 11:05 AM LOGWILLS BODYPUMP | 11:00 AM LOGWILLS BODYBALANCE | 11:05 AM LOGWILLS BODYPUMP | | |
| 12:15 PM LOGWILLS BODYPUMP | 12:15 PM LOGWILLS BODYATTACK | 12:15 PM LOGWILLS BODYPUMP | 12:15 PM LOGWILLS DANCE | 12:15 PM LOGWILLS BODYPUMP | | |
| 1:30 PM LOGWILLS BODYATTACK | | 1:30 PM LOGWILLS BODYATTACK | | 1:30 PM LOGWILLS BODYATTACK | | |
| 2:00 PM LOGWILLS BODYPUMP | 2:00 PM LOGWILLS BODYPUMP | 2:00 PM LOGWILLS BODYPUMP | 2:00 PM LOGWILLS BODYPUMP | 2:00 PM GRIT | | |
| 3:00 PM LOGWILLS BODYATTACK | 4:30 PM LOGWILLS BODYPUMP | 4:30 PM LOGWILLS BODYPUMP | 4:30 PM LOGWILLS BODYPUMP | 4:30 PM LOGWILLS BODYBALANCE | | |
| 6:00 PM | 6:00 PM | 6:00 PM LOGWILLS DANCE | 6:00 PM | 5:30 PM LOGWILLS BODYPUMP | | |
| LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | | |

SPIN STUDIO AT GREEN VALLEY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------|-----------------------------------|-------------------------------------|---------------------------------|--|----------------------------|----------------------------|
| LOGWILLS FITNESS ON DEMAND | LOGWILLS FITNESS ON DEMAND | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | GREEN VALLEY CLOSED | GREEN VALLEY CLOSED |
| 5:00 AM LOGWILLS RPM | 5:00 AM LOGWILLS RPM | 5:00 AM LOGWILLS RPM | 5:00 AM LOGWILLS RPM | 5:00 AM LOGWILLS RPM | | |
| 6:00 AM SPIN | 6:00 AM GRIT | 6:00 AM LOGWILLS BODYPUMP | 6:00 AM SPIN | 7:15 AM LOGWILLS BODYBALANCE | | |
| 8:30 AM LOGWILLS RPM | 8:30 AM LOGWILLS RPM | 8:30 AM LOGWILLS RPM | 8:30 AM LOGWILLS RPM | 8:30 AM LOGWILLS RPM | | |
| 9:30 AM LOGWILLS RPM | 9:30 AM LOGWILLS RPM | 9:30 AM LOGWILLS RPM | 9:30 AM LOGWILLS RPM | 9:30 AM LOGWILLS RPM | | |
| 12:15 PM LOGWILLS RPM | 12:15 PM LOGWILLS RPM | 12:15 PM LOGWILLS RPM | 12:15 PM LOGWILLS RPM | 12:15 PM LOGWILLS RPM | | |
| 2:00 PM LOGWILLS RPM | 2:00 PM LOGWILLS RPM | 2:00 PM LOGWILLS RPM | 2:00 PM LOGWILLS RPM | 2:00 PM LOGWILLS RPM | | |
| 6:00 PM | 6:00 PM LOGWILLS RPM | 6:00 PM LOGWILLS RPM | 6:00 PM LOGWILLS RPM | 5:30 PM LOGWILLS RPM | | |
| LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | LOGWILLS VIRTUAL | | |

* 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"

