

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
5:00 AM Green Valley <b>BURN + BUILD</b>		5:00 AM Green Valley <b>BURN + BUILD</b>		5:00 AM Green Valley <b>BURN + BUILD</b>	<b>GREEN VALLEY CLOSED</b>	<b>GREEN VALLEY CLOSED</b>
8:00 AM Green Valley <b>SEMI-PRIVATE</b>		8:00 AM Green Valley <b>SEMI-PRIVATE</b>		8:00 AM Green Valley <b>SEMI-PRIVATE</b>		
		10:15 AM Oak Branch <b>SEMI-PRIVATE</b>		10:15 AM Oak Branch <b>SEMI-PRIVATE</b>	10:30 AM Green Valley <b>BURN + BUILD</b>	
12:15 PM Oak Branch <b>SEMI-PRIVATE</b>	12:15 PM Green Valley <b>BURN + BUILD</b>		12:15 PM Green Valley <b>BURN + BUILD</b>	12:15 PM Green Valley <b>BURN + BUILD</b>	Members enter through the back door for class only	
4:00 PM Green Valley <b>SEMI-PRIVATE</b>		4:00 PM Green Valley <b>SEMI-PRIVATE</b>				
5:30 PM Oak Branch <b>SEMI-PRIVATE</b>	5:30 PM Oak Branch <b>SEMI-PRIVATE</b>	5:30 PM Oak Branch <b>SEMI-PRIVATE</b>	5:30 PM Oak Branch <b>SEMI-PRIVATE</b>			
6:00 PM Green Valley <b>BURN + BUILD</b>		6:00 PM Green Valley <b>BURN + BUILD</b>				

## PARISI (Youth Performance) TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 PM - PARISI Oak Branch <b>Parisi JS1</b>	4:30PM - PARISI Oak Branch <b>Parisi JS1</b>	4:30PM - PARISI Oak Branch <b>Parisi JS1</b>	4:30PM - PARISI Oak Branch <b>Parisi JS1</b>			
5:30PM - PARISI Oak Branch <b>Parisi JS2</b>	5:30PM - PARISI Oak Branch <b>Parisi JS2</b>	5:30PM - PARISI Oak Branch <b>Parisi JS2</b>	5:30PM - PARISI Oak Branch <b>Parisi JS2</b>			
6:30PM - PARISI Oak Branch <b>Parisi Total Perf.</b>	6:30PM - PARISI Oak Branch <b>Parisi Total Perf.</b>	6:30PM - PARISI Oak Branch <b>Parisi Total Perf.</b>	6:30PM - PARISI Oak Branch <b>Parisi Total Perf.</b>			
6:30PM - PARISI Oak Branch <b>Parisi Elite</b>	6:30PM - PARISI Oak Branch <b>Parisi Elite</b>	6:30PM - PARISI Oak Branch <b>Parisi Elite</b>	6:30PM - PARISI Oak Branch <b>Parisi Elite</b>			

Burn and Build was previously called Afterburn.

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