



GREEN VALLEY AND OAK BRANCH SCHEDULE - TRAINING & PARISI

(336) 478-2660

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

PARISI (Youth Performance) TRAINING

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

Burn and Build was previously called Afterburn.

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