

October 16th-22nd



336-275-1391

10/16/2017 MONDAY	10/17/2017 TUESDAY	10/18/2017 WEDNESDAY	10/19/2017 THURSDAY	10/20/2017 FRIDAY	10/21/2017 SATURDAY	10/22/2017 SUNDAY		
5:45AM REBECCA 			6:00AM VICKY 		LES MILLS	8:00AM CHRISSY CARDIO KICKBOXING		
8:15AM JEN Low Impact 30	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA 		8:15AM JEN Muscles	LAUNCHS	9:00AM DARREN 		
8:45AM JEN Pilates 30	8:45AM CHRISSY Muscles 30				OAK BRANCH			
9:30AM NIKKI CARDIO CIRCUITS	9:30AM AMBER 	9:30AM LAUREN MUSCLES	9:30AM JEN SWEAT	9:30AM BRISA Zumba				
10:35AM JEN Foam Roller & Stretch	12:00PM BRISA Zumba	12:00PM SUSAN 	11:00AM REBECCA Zumba Gold			4:00PM ANN 		
12:15 PM SUSAN 		12:30PM SUSAN 	12:15PM REBECCA 		<p>SATURDAY, 10/21 AT OAK BRANCH IS THE LES MILLS LAUNCH 8AM-12:30PM</p> <p>**PLEASE SEE CLUB FLYER FOR SPECIFIC CLASS TIMES. ALL LAUNCH CLASSES ARE 30 MINUTES</p>			
4:30PM DARREN 	4:30PM CHRISSY SWEAT	4:30PM JEN Muscles	4:30PM MANDY 	4:30 PM BRISA ZUMBA STRONG				
5:30PM KARLA 	5:30PM MARTHA 	5:30PM CHRIS M CARDIO DANCE	5:30PM DARREN 					
			6:00PM SABRINA 					
	6:30PM ANNIE 	6:30PM KARLA 	6:30PM ANN 					
			7:00PM ANN 					
MIND/BODY STUDIO								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00a Ward OPEN YOGA	6:00AM OPEN YOGA					
			8:15AM JEN Pilates				9:15AM Barb Begin/Interm Yoga	
9:45am Nikki Beg./Int.				9:30AM TONY Power Yoga	10:30AM Jen J Gentle/BeginYoga	10:30AM Steve Begin/Interm Yoga		
11:00am Sheila Gentle	11:00AM SHEILA Gentle/BeginYoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/BeginYoga	11:00AM Mona Gentle Yoga				
		12:15PM Anne Deep Stretch Slow Flow		12:15pm Mona Deep Stretch Slow Flow				
6:00pm Loretta Beg./Int.		6:00PM Steve Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			4:00PM LORA Begin/Interm Yoga		
SPIN/RPM STUDIO								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	5:45AM JODEE SPIN	5:30AM JODEE SPIN	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MELISSA 	8:05AM JEN SPIN		
9:30AM JEN 		9:30AM JULIE 		8:30AM NIKKI SPIN	9:15AM MARTHA SPIN			
12:15PM TIFANY SPIN	12:15PM JEN 	12:15PM MARYBETH SPIN	12:15PM JULIE 					
				12:15PM KATHY SPIN				
6:00PM LISA B. SPIN	6:00PM LISA B SPIN	6:00PM MARTHA 						
POOL								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KATIE Water Fitness	8:30AM TERESA Water Fitness	8:30AM ANNA Water Fitness	9:00AM LINDA Water Fitness			
9:45-10:30AM Open Water	9:45AM TABITHA Gentle Aqua	9:45AM KATIE Gentle Aqua	9:45-10:30AM Open Water					

Most accurate schedule is on our APP!-Download FREE from GooglePlay or AppStore-Search "The Clubs of Greensboro"