

OCTOBER 9TH-15TH



336-275-1391

10/9/2017 MONDAY	10/10/2017 TUESDAY	10/11/2017 WEDNESDAY	10/12/2017 THURSDAY	10/13/2017 FRIDAY	10/14/2017 SATURDAY	10/15/2017 SUNDAY
5:45AM MELISSA LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM KATHARINE LES MILLS BODYSTEP	8:00AM JEN LOW IMPACT SCULPT
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA		8:15AM JEN	9:00AM CHRISSY	9:00AM DARREN
Low Impact 30	Kickboxing 30	LES MILLS BODYSTEP		MUSCLES	KICKBOX'N CIRCUITS	LES MILLS BODYPUMP
8:45AM JEN	8:45 AM CHRISSY					
Pilates 30	Muscles 30					
9:30AM NIKKI	9:30AM AMBER	9:30AM LAUREN	9:30AM JEN	9:30AM BRADEN	10:05AM MARTHA	
CARDIO CIRCUITS	LES MILLS BODYATTACK	Muscles	SWEAT	Zumba	LES MILLS BODYPUMP	
10:35AM JEN	12:00PM BRADEN	12:00PM SUSAN	11:00AM REBECCA		11:10AM REBECCA	4:00PM KAREN
Foam Roller & Stretch	Zumba	CX CX WORK	Zumba		Zumba	PIYO
12:15 PM SUSAN		12:30PM SUSAN	12:15PM MARTHA			
LES MILLS BODYPUMP		LES MILLS BODYVIVE	LES MILLS BODYPUMP			
4:30PM DARREN	4:30 PM CHRISSY	4:30PM CHRISSY	4:30PM MANDY			
LES MILLS BODYVIVE	SWEAT	MUSCLES	LES MILLS BODYCOMBAT			
5:30PM AMBER	5:30PM REBECCA	5:30PM CHRIS	5:30PM DARREN			
LES MILLS BODYATTACK	LES MILLS BODYPUMP	CARDIO DANCE	CX CX WORK			
			6:00PM SABRINA			
			LES MILLS BODYSTEP			
	6:30PM ANNIE	6:30PM BRADEN	6:30PM AMBER			
	LES MILLS BODYSTEP	ZUMBA	LES MILLS BODYPUMP			
MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00am Tony	6:00AM			
OPEN YOGA	OPEN YOGA	Power Yoga	OPEN YOGA			
			8:15a Jen S		9:15am Barbara	
			PILATES		Begin/Interm Yoga	
9:45AM Barbara				9:30am Tony	10:30am Sheila	10:30AM Nikki
Begin/Interm Yoga				Power Yoga	Gentle/Begin Yoga	Begin/Interm Yoga
11:00AM SHEILA	11:00AM SHEILA	11:00AM Jen J	11:00AM Barbara	11am Margee		
Gentle Yoga	Gentle/Begin Yoga	Gentle Yoga	Gentle/Begin Yoga	Gentle Yoga		
		12:15p Anne		12:15PM MARGEE		
		Deep Stretch Slow Flow		Deep Stretch Slow Flow		
						4:00pm Anne
						Begin/Interm Yoga
6:00PM LORETTA		6:00PM Barbara	6:00PM JEN J.			
Begin/Interm Yoga		Intermediate Yoga	Begin/Interm Yoga			
SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM MIKE C	5:45AM KATHY	6:00AM VICKY	8:05AM MARTHA	8:05AM CINDY N
	SPIN	LES MILLS RPM	SPIN	SPIN	LES MILLS RPM	SPIN
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM LISA B	
LES MILLS RPM		LES MILLS RPM		SPIN	SPIN	
12:15PM TIFFANY	12:15PM JEN	12:15PM MARY BETH	12:15PM MARGEE			
SPIN	LES MILLS RPM	SPIN	LES MILLS RPM			
				12:15PM TIFFANY		
				SPIN		
6:00PM NICOLE M	6:00PM JODEE	6:00PM JODEE				
SPIN	SPIN	SPIN				
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM KATIE	8:30AM LIZ	8:30AM ANNA	9:00AM RITA	
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
9:45-10:30AM	9:45AM TABITHA	9:45AM KATIE	9:45-10:30AM			
Open Water	Gentle Aqua	Gentle Aqua	Open Water			

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