

May 29th-June 4th



Do you have our app?

29-May MONDAY	30-May TUESDAY	31-May WEDNESDAY	1-Jun THURSDAY	2-Jun FRIDAY	3-Jun SATURDAY	4-Jun SUNDAY
			6:00AM Vicky 			8:00AM Karen
8:15AM Jen Muscles	8:15AM Chrissy Kickboxing Cardio 30	8:15AM Sabrina 		8:15AM Jen Muscles	8:00AM Annie 	9:00AM Amber
	8:45AM Chrissy Muscles 30				9:00AM Karen 	
9:30AM Karla 	9:30AM Amber 	9:30AM Lauren MUSCLES	9:30AM Jen SWEAT	9:30AM Brisa ZUMBA	10:05AM Amber 	
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca Zumba Gold		11:10AM Rebecca ZUMBA	
		11:05AM Nicole Senior Fitness			<p>Happy Memorial Day! On Monday, May 29th the Clubs of Greensboro, Green Valley location will be open 5am-2pm *Oak Branch will be closed</p>	
		12:00PM Susan 	12:15PM Rebecca 			
12:15PM Susan 	12:00PM Brisa ZUMBA	12:30PM Susan 	4:30 Pm Mandy 			
	4:30PM Lauren SWEAT	4:30PM Jen MUSCLES	5:30PM Darren 			
	5:30PM Martha 	5:30PM Karen 	6:00PM Karen 			
	6:30PM Annie 	6:30PM Karla 	6:30 PM Ann 			

MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Open Yoga	6:00AM Open Yoga	6:00AM Ward Power Yoga	6:00AM Open Yoga	6:00AM		
			8:15AM Jen S Pilates		9:15AM Lora Begin/Interm Yoga	
9:45AM Lora Begin/Interm Yoga		9:45AM Jen J Begin/Interm Yoga		9:30AM Nikki Power Yoga	10:30AM Sheila Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11AM Sheila Gentle Yoga	11AM Sheila Gentle/Begin Yoga	11AM Nikki Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Nikki Gentle Yoga		
		12:15PM Sheila Deep Stretch Slow Flow		12:15PM Margee Deep Stretch Slow Flow		
	4:30PM Donna Begin/Interm Yoga					4:00PM Lora Begin/Interm Yoga
		6:00PM Steve Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			5:30PM Margee Intermediate

SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15AM Andrew SPIN	5:45AM Kara SPIN	5:30AM Melissa 	5:45AM Kathy SPIN	6:00AM Vicky SPIN	8:05AM Melissa 	8:05AM Lisa B SPIN
9:30AM Jen 		9:30AM Julie 		8:30AM Nikki SPIN	9:15AM Andrew SPIN	
	12:15PM Jen 	12:15PM Cindy SPIN	12:15PM Margee 			
				12:15PM Lisa B SPIN		
	6:00PM Andrew SPIN	6:00 PM Martha 				

AQUA CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Teresa Water Fitness	8:30AM Tabitha Water Fitness	8:30AM Katie Water Fitness	8:30AM Alyssa Water Fitness	8:30AM Anna Water Fitness	9:00AM David Water Works	
	9:45AM Katie Gentle Aqua		9:45AM Katie Gentle Aqua			

Visit us online at www.theclubsofgreensboro.com