

July 17th-23rd



336.478.2660

7/17/2017 MONDAY	7/18/2017 TUESDAY	7/19/2017 WEDNESDAY	7/20/2017 THURSDAY	7/21/2017 FRIDAY	7/22/2017 SATURDAY	7/23/2017 SUNDAY
5:45AM MELISSA 			6:00AM VICKY 		8:00AM KATHERINE 	8:00AM CHRISSY <b>SWEAT</b>
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA 		8:15AM LAUREN	9:00AM KAREN	9:00AM DARREN 
<b>Low Impact 30</b>	<b>Kickboxing 30</b>			<b>Muscles</b>	<b>PIYO™</b>	
8:45AM JEN						
<b>Pilates 30</b>	<b>Muscles 30</b>					
9:30AM NIKKI	9:30AM AMBER 	9:30AM LAUREN	9:30AM CHRIS M	9:30AM	10:05AM MARTHA 	
<b>CARDIO CIRCUITS</b>		<b>Muscles</b>	<b>SWEAT</b>	<b>NO CLASS TODAY</b>		
10:35AM JEN	12:00PM BRISA 	12:00PM CHRISSY	11:00AM REBECCA		11:10AM BRISA	
<b>Foam Roller &amp; Stretch</b>	<b>Zumba</b>	<b>ABS 30</b>	<b>Zumba Gold</b>			
12:15 PM MARTHA 		12:30PM CHRISSY	12:15PM MARTHA 	<p>PLEASE NOTE THE 9:30 AM ZUMBA CLASS ON FRIDAY, 7/21 WILL BE CANCELLED THIS WEEK.</p>		
4:30PM KARLA 		4:30PM LAUREN	4:30PM MANDY 			
5:30PM AMBER 	5:30PM ANN 	5:30PM CHRISSY	5:30PM DARREN 			
			6:00PM SABRINA 			
	6:30PM ANNIE 	6:30PM KARLA 	6:30PM ANN 			
			7:00PM ANN 			
<b>MIND/BODY STUDIO</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00am Ward	6:00AM			
<b>OPEN YOGA</b>	<b>OPEN YOGA</b>	<b>Power Yoga</b>	<b>OPEN YOGA</b>			
			8:15am Tony		9:15am Donna	
			<b>PILATES</b>		<b>Begin/Interm Yoga</b>	
9:45AM NIKKI				9:30am Tony	10:30am Donna	10:30AM STEVE
<b>Begin/Interm Yoga</b>				<b>Power Yoga</b>	<b>Gentle/Begin Yoga</b>	<b>Begin/Interm Yoga</b>
11:00AM SHEILA	11:00AM SHEILA	11:00AM NIKKI	11:00AM NIKKI	11:00 am Mona		
<b>Gentle Yoga</b>	<b>Gentle/Begin Yoga</b>	<b>Gentle Yoga</b>	<b>Gentle/Begin Yoga</b>	<b>Gentle Yoga</b>		
		12:15pm Barbara		12:15PM MARGEE		
		<b>Deep Stretch Slow Flow</b>		<b>Deep Stretch Slow Flow</b>		
						4:00pm Barbara
						<b>Begin/Interm Yoga</b>
6:00PM LORETTA		6:00PM Tony	6:00PM JEN J.			
<b>Begin/Interm Yoga</b>		<b>Intermediate Yoga</b>	<b>Begin/Interm Yoga</b>			
<b>SPIN/RPM STUDIO</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM MELISSA	5:45AM KATHY	6:00AM MARTHA	8:05AM MELISSA 	8:05AM LISA B
	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>SPIN</b>	<b>LES MILLS RPM</b>	<b>SPIN</b>
9:30AM JEN 		9:30AM JULIE 		8:30AM NIKKI	9:15AM MARTHA	
12:15PM LISA B <b>SPIN</b>	12:15PM JEN 	12:15PM CINDY N. <b>SPIN</b>	12:15PM JULIE 			
				12:15PM TIFFANY <b>SPIN</b>		
6:00PM LISA B. <b>SPIN</b>	6:00PM ANDREW <b>SPIN</b>	6:00PM JODEE <b>SPIN</b>				
<b>POOL</b>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM KATIE	8:30AM TABITHA	8:30AM TAMIEKA	8:30AM TERESA	8:30AM ANNA	9:00AM RITA	
<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	<b>Water Fitness</b>	
	9:45AM TABITHA		9:45AM TERESA			
	<b>Gentle Aqua</b>		<b>Gentle Aqua</b>			

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