

August 7th-13th



336.478.2660

8/7/2017 MONDAY	8/8/2017 TUESDAY	8/9/2017 WEDNESDAY	8/10/2017 THURSDAY	8/11/2017 FRIDAY	8/12/2017 SATURDAY	8/13/2017 SUNDAY			
5:45AM MELISSA 			6:00AM VICKY 		8:00AM KATHERINE 	8:00AM JEN Low impact sculpt			
8:15AM JEN Low Impact 30	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA 		8:15AM JEN Muscles	9:00AM JEN SWEAT	9:00AM REBECCA 			
8:45AM JEN Pilates 30	8:45AM CHRISSY Muscles 30								
9:30AM NIKKI CARDIO CIRCUITS	9:30AM AMBER 	9:30AM LAUREN Muscles	9:30AM JEN SWEAT	9:30AM BRISA Zumba	10:05AM ANN 				
10:35AM JEN Foam Roller & Stretch	12:00PM PAM W Zumba	12:00PM SUSAN 	11:00AM REBECCA Zumba Gold		11:10AM REBECCA Zumba				
12:15PM SUSAN 		12:30PM SUSAN 	12:15PM REBECCA 	<p>***PLEASE NOTE THAT THE 4:30PM, THURSDAY CLASS WILL BE 30 MINUTES OF FLEXIBLE SRENGTH- 30 MINUTES OF MUSCLES.</p>					
4:30PM DARREN 		4:30PM JEN Muscles	4:30PM JEN FLEX STRENGTH&MUSCLES						
5:30PM AMBER 	5:30PM MARTHA 	5:30PM CHRISSY CIRCUITS	5:30PM DARREN 						
			6:00PM SABRINA 						
	6:30PM ANNIE 	6:30PM LAUREN Zumba	6:30PM JEN LOW IMPACT						
			7:00PM JEN MUSCLES						
MIND/BODY STUDIO									
MONDAY	TUESDAY	WEDNESDAY	THURSDAY				FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM OPEN YOGA						
			8:15AM JEN Pilates					9:15AM DONNA Begin/Interm Yoga	
9:45AM NIKKI Begin/Interm Yoga				9:30AM Tony Power Yoga	10:30AM DONNA Gentle/BeginYoga	10:30AM STEVE Begin/Interm Yoga			
11:00AM SHEILA Gentle Yoga	11:00AM SHEILA Gentle/BeginYoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/BeginYoga	11:00AM Mona Gentle Yoga					
		12:15PM BARBARA Deep Stretch Slow Flow		12:15PM MARGEE Deep Stretch Slow Flow					
						4:00PM LORA Begin/Interm Yoga			
6:00PM LORETTA Begin/Interm Yoga		6:00PM TONY Intermediate Yoga	6:00PM JEN J Begin/Interm Yoga						
SPIN/RPM STUDIO									
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
	5:45AM KARA SPIN	5:30AM MELISSA SPIN	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 CINDY SPIN				
12:15PM KATHY SPIN	12:15PM JEN 	12:15PM MARY BETH SPIN	12:15PM MARGEE 						
				12:15PM KATHY SPIN					
6:00PM JODEE SPIN	6:00PM JODEE SPIN	6:00PM NICOLE M SPIN							
POOL									
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM TAMIEKA Water Fitness	8:30AM ALYSSA Water Fitness	8:30AM ANNA Water Fitness	9:00AM LINDA Water Fitness				
		9:45AM TAMIEKA Gentle Aqua	9:45AM ALYSSA Gentle Aqua						

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