

July 24th-30th



336.275.1391

7/24/2017 MONDAY	7/25/2017 TUESDAY	7/26/2017 WEDNESDAY	7/27/2017 THURSDAY	7/28/2017 FRIDAY	7/29/2017 SATURDAY	7/30/2017 SUNDAY
5:45AM AMY N 			6:00AM REBECCA 		8:00AM KATHERINE 	8:00AM KAREN 
8:15AM CHRISSY Low Impact 30	8:15AM CHRISSY Kickboxing 30	8:15AM CHRISSY FREE-STYLE STEP		8:15AM LAUREN Muscles	9:00AM KAREN PIYO	9:00AM REBECCA 
8:45AM CHRISSY ABS 30	8:45AM CHRISSY Muscles 30					
9:30AM NIKKI CARDIO CIRCUITS	9:30AM AMBER 	9:30AM LAUREN Muscles	9:30AM CHRIS M SWEAT	9:30AM Lisa M Zumba	10:05AM MARTHA 	
	12:00PM PAM W Zumba	12:00PM DARREN 	11:00AM REBECCA Zumba Gold		11:10AM REBECCA Zumba	
12:15PM SUSAN 		12:30PM DARREN 	12:15PM REBECCA 			
4:30PM DARREN 		4:30PM CHRIS M Muscles	4:30PM MANDY 			
5:30PM AMBER 	5:30PM MARTHA 	5:30PM CHRISSY CIRCUITS	5:30PM DARREN 			
			6:00PM ANNIE 			
	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	6:00AM OPEN YOGA	6:00AM OPEN YOGA			
			8:15AM TONY CORE YOGA		9:15AM STEVE Begin/Interm Yoga	
9:45AM NIKKI Begin/Interm Yoga				9:30AM TONY Power Yoga	10:30AM SHELIA Gentle/Begin Yoga	10:30AM STEVE Begin/Interm Yoga
11:00AM SHEILA Gentle Yoga	11:00AM SHEILA Gentle/Begin Yoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/Begin Yoga	11:00AM JEN J Gentle Yoga		
		12:15PM BARBARA Deep Stretch Slow Flow		12:15PM TONY Deep Stretch Slow Flow		
						4:00PM LORA Begin/Interm Yoga
6:00PM LORETTA Begin/Interm Yoga		6:00PM Steve 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 Jodee SPIN	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MIKE C 	8:05AM VICKY SPIN
9:30AM LISA B SPIN		9:30AM LISA B SPIN		8:30AM LISA M SPIN	9:15AM JODEE SPIN	
12:15PM KATHY SPIN	12:15PM LISA B SPIN	12:15PM LISA B SPIN	12:15PM MARTHA 			
				12:15PM TIFFANY SPIN		
6:00PM LISA B. SPIN	6:00PM NICOLE M SPIN	6:00PM JODEE 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 RITA Water Fitness	
	9:45AM TABITHA 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"