

December 4th-10th



336-275-1391

12/4/2017 MONDAY	12/5/2017 TUESDAY	12/6/2017 WEDNESDAY	12/7/2017 THURSDAY	12/8/2017 FRIDAY	12/9/2017 SATURDAY	12/10/2017 SUNDAY
5:45AM REBECCA LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM ANNIE LES MILLS BODYSTEP	8:00AM CHRISSY FREE-STYLE STEP
8:15AM JEN Low Impact 30	8:15AM CHRISSY Kickboxing 30	8:15AM SABRINA LES MILLS BODYSTEP		8:15AM JEN Muscles	9:00AM JEN SWEAT	9:00AM DARREN LES MILLS BODYPUMP
8:45AM JEN Pilates 30	8:45AM CHRISSY Muscles 30					
9:30AM NIKKI CARDIO CIRCUITS	9:30AM AMBER LES MILLS BODYATTACK	9:30AM LAUREN MUSCLES	9:30AM JEN SWEAT	9:30AM SABRINA Zumba	10:05AM ANN LES MILLS BODYPUMP	
10:35AM JEN Foam Roller & Stretch	12:00PM BRISA Zumba	12:00PM JEN ABS 30	11:00AM JEN LOW IMPACT LITE 45		11:10AM BRISA Zumba	
12:15 PM MARTHA LES MILLS BODYPUMP		12:30PM JEN LOW IMPACT 30	12:15PM MARTHA LES MILLS BODYPUMP			
4:30PM DARREN LES MILLS BODYVIVE		4:30PM JEN Muscles	4:30PM JEN FLEXIBLE STRENGTH			
5:30PM AMBER LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP	5:30PM CHRIS M CARDIO DANCE	5:30PM DARREN LES MILLS CX WORKX			
			6:00PM SABRINA LES MILLS BODYSTEP			
	6:30PM ANNIE LES MILLS BODYSTEP	6:30PM CHRIS M POUND	6:30PM AMBER LES MILLS BODYPUMP			

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am OPEN YOGA	6:00AM OPEN YOGA	6:00a Ward Power Yoga	6:00AM OPEN YOGA			
			8:15AM JEN Pilates		9:15AM Barbara Begin/Interm Yoga	
9:45am Nikki Beg./Int.		9:45am Nikki Beg./Int.		9:30AM TONY Power Yoga	10:30AM Sheila Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11:00am SHEILA Gentle	11:00AM SHEILA Gentle/Begin Yoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/Begin Yoga	11:00AM Mona Gentle Yoga		
12:15pm Jen J. Mixed Level Flow		12:15PM Anne Deep Stretch Slow Flow		12:15pm Mona Deep Stretch Slow Flow		
						4:00PM LORA Begin/Interm Yoga
6:00pm Loretta Beg./Int.	5:30pm Barbara Warm Flow Vinyasa	6:00PM Barbara Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			5:30pm Tony Intermediate

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA SPIN	5:30AM MELISSA LES MILLS RPM	5:45AM KATHY SPIN	6:00AM MARTHA SPIN	8:05AM MELISSA LES MILLS RPM	8:05AM VICKY SPIN
9:30AM JEN LES MILLS RPM		9:30AM JULIE LES MILLS RPM		8:30AM LISA B SPIN	9:15AM JODEE SPIN	
12:15PM TIFFANY SPIN	12:15PM JEN LES MILLS RPM	12:15PM LISA B SPIN	12:15PM MARGEE LES MILLS RPM			
				12:15PM KATHY SPIN		
6:00PM LISA B. SPIN	6:00PM JODEE SPIN	6:00PM MARTHA LES MILLS RPM				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KIM Water Fitness	8:30AM TERESA Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Works	
9:45AM ALAN Aqua Rumba	9:45AM TABITHA Gentle Aqua	9:45-10:30AM Open Water	9:45-10:30AM Open Water			

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