

CHRISTMAS EVE SCHEDULE

FRIDAY, DECEMBER 24

CLUB 5AM-2PM
TENNIS 5:30AM-2PM
KIDS' CLUB/YAC 8AM-1PM

CLOSED CHRISTMAS DAY

6:00-7:00 AM	Cycling ▶	Carol	Cycle Studio
6:00-7:00 AM	HIT FIT \$	Kim	SGPT
6:00-7:00 AM	Alignment Vinyasa*	Emma	Jade
6:00-7:00 AM	Breakfast Club	Rob	Gymnasium
7:00-7:55 AM	Pilates Reformer \$	Roya	Swan
8:00-9:00 AM	HIIT ▶	Jim	Studio 1
8:30-9:30 AM	Barre	Rachel	Swan
9:00-9:55 AM	Advanced Reformer Flow \$	April	Swan
9:00-10:00 AM	Deep	Marlene	Pool
9:00-10:15 AM	Thermal Yoga 75*	Danessa	Jade
9:30-10:30 AM	Cycling	Barbara	Cycle Studio
9:30-10:30 AM	Total Body Cardio ▶	Kim	Studio 1
9:45-10:30 AM	CVI	Tracy	Upper Cardio
10:00-11:00 AM	Barre	Emma	Opal
10:00-11:00 AM	Yoga Sculpt	Valerie	Studio 2
10:30-11:25 AM	Pilates Reformer \$	Roya	Swan
10:45-11:45 AM	Yoga Basics	Elena	Jade
11:00-12:00 PM	HIT FIT \$	Brandon	SGPT
11:00AM-12:00PM	Les Mills TONE**	Chalyce	Studio 1
11:30AM-12:30PM	Barre	Roya	Opal
12:00-1:00 PM	Alignment Vinyasa II	Elena	Jade
12:15-1:15 PM	Les Mills BODYSTEP	Chalyce	Studio 1

▶ SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES

* INDICATES HEATED CLASS \$ INDICATES PAID PROGRAMMING ▶ INDICATES LIVESTREAM

** **Les Mills TONE** combines blocks of strength, cardio and core training into one complete and convenient workout. All levels welcome.

No Martial Arts and Boxing classes will be offered this day.