

MONDAY

8:30-9:30am	Christy ▶	Opal
10:00-11:00am	Christy	Opal
11:30am-12:30pm	Roya	Opal
4:00-4:30pm	▶	Studio 1
6:00-7:00pm	Stephanie	Opal

TUESDAY

8:30-9:30am	Tyra ▶	Opal
10:00-10:55am	Megan ▶	Opal
11:00-11:55am	Megan	Opal

WEDNESDAY

8:00-8:55am	Christy	Opal
9:00-9:55am	Christy	Opal
10:00-11:00am	Ruby	Opal
11:00-11:30am	▶	Studio 1
11:30am-12:30pm	Stephanie	Opal
6:00-7:00pm	Christina	Opal

THURSDAY

8:30-9:30am	Emma	Opal
10:00-10:55am	Megan	Opal
11:00-11:55am	Megan	Opal

FRIDAY

8:30-9:30am	Rachel	Opal
10:00-11:00am	Emma	Opal
11:30am-12:30pm	Roya	Opal
4:00-4:30pm	▶	Studio 1

SATURDAY

8:30-9:30am	Team ▶	Opal
10:00-11:00am	Team	Opal
2:45-3:15pm	▶	Studio 1

SUNDAY

8:30-9:30am	Ruby	Opal
10:00-11:00am	Ruby ▶	Opal
1:30-2:00pm	▶	Studio 1

Barre

COMPLIMENTARY

EFFECTIVE 5/1/22

UPDATED 4.22.22

This class blends cardio, strength training, flexibility, balance and core conditioning for a total body workout that targets the hips, glutes, abs and arms.

**LIVE CLASSES HELD IN OPAL
REQUIRE REGISTRATION**

Each class limited to 12 participants. 2-hour cancellation policy in effect, so if you register and don't attend, you will be charged \$20. Members are limited to one barre class per day. Registering for more than one class will result in being removed from all classes for that day.

REGISTER

Greenwood App
ClubGreenwood.com/Barre
303.770.2582 x274

▶ **VIRTUAL CLASSES**

▶ **LIVESTREAM CLASSES**

**HELD IN STUDIO 1 DO NOT
REQUIRE REGISTRATION**