

### MONDAY

8:00-8:55am	Barre	Christy	Opal
9:00-9:55am	Barre	Christy	Opal
10:00-11:00am	Barre	Monica Z	Opal
11:30am-12:30pm	Barre	Roya	Opal
6:00-7:00pm	Barre	Team	Studio 2

### TUESDAY

6:00-6:45am	Barre	Laura	Studio 2
8:30-9:30am	Barre	Tyra	Studio 2
10:00-10:55am	Barre	Megan	Studio 2
11:00-11:55am	Barre	Megan	Opal

### WEDNESDAY

8:00-8:55am	Barre	Christy	Studio 2
9:00-9:55am	Barre	Christy	Opal
10:00-10:55am	Barre	Ruby	Opal
11:30am-12:30pm	Barre	Tyra	Opal
6:00-7:00pm	Barre	Christina	Opal

### THURSDAY

6:00-6:45am	Barre	Megan	Studio 2
8:30-9:30am	Barre	Grace Ann	Opal
10:00-10:55am	Barre	Megan	Opal
11:00-11:55am	Barre	Courtney	Opal
6:00-7:00pm	Barre	Katie H	Opal

### FRIDAY

8:30-9:30am	Barre	Emma	Studio 2
10:00-11:00am	Barre	Stephanie	Studio 2
11:30am-12:30pm	Barre	Roya	Opal

### SATURDAY

8:30-9:30am	Barre	Team	Opal
10:00-11:00am	Barre	Team	Opal
11:30am-12:30pm	Barre	Team	Opal

### SUNDAY

8:30-9:30am	Barre	Team	Studio 2
10:00-11:00am	Barre	Team	Studio 2
11:30am-12:30pm	Barre	Team	Studio 2

# Barre

**COMPLIMENTARY**

EFFECTIVE 4/1/26

UPDATED 3.24.26

#### BARRE CLASSES REQUIRE REGISTRATION

Opal classes limited to 16 participants.  
Studio 2 classes limited to 22 participants.  
2-hour cancellation policy in effect. If you  
register and don't attend,  
you will be charged \$20.

**\*3% service fee applies to all credit card  
transactions.**

#### REGISTER

Greenwood App  
ClubGreenwood.com/Barre  
303.770.2582 x274



**LES MILLS VIRTUAL BARRE  
HELD IN STUDIO 1**

# Barre Classes

## Barre

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