

MONDAY

8:00-8:55am	Barre ▶	Christy	Opal
9:00-9:55am	Barre	Christy	Opal
10:00-11:00am	Barre	Monica Z	Studio 2
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	Sam	Studio 2
8:30-9:30am	Barre	Grace Ann	Opal
10:00-10:55am	Barre	Megan	Opal
11:00-11:55am	Barre	Courtney	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

Barre

COMPLIMENTARY

EFFECTIVE 1/1/24

UPDATED 12.19.24

BARRE CLASSES REQUIRE REGISTRATION

Opal classes limited to 14 participants.
Studio 2 classes limited to 20 participants.
1-hour cancellation policy in effect. If you
register and don't attend,
you will be charged \$20.

REGISTER

Greenwood App
ClubGreenwood.com/Barre
303.770.2582 x274

▶ LIVESTREAM CLASSES

▶ 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.

REBARRE

Where cardio meets barre. Get your heartrate going in this spin on our Barre and Rebound 45 classes. All levels are welcome to this 60-minute, low-impact trampoline and strength party!