Barre

COMPLIMENTARY
EFFECTIVE 11/1/24

MONDAY

Time	Class	Instructor	Location
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
4:00–4:30pm	Les Mills Virtual Barre	▶	Studio 1
6:00-7:00pm	Barre	Margaret	Studio 2

TUESDAY

Time	Class	Instructor	Location
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

Time	Class	Instructor	Location
8:00–8:55am	Barre	Christy	Studio 2
9:00–9:55am	Barre	Christy	Opal
10:00–10:55am	Barre	Ruby	Opal
11:00–11:30am	Les Mills Virtual Barre	▶	Studio 1
11:30am–12:30pm	Barre	Tyra	Opal
6:00–7:00pm	Barre ▶	Christina	Opal

THURSDAY

Time	Class	Instructor	Location
6:00-6:45am	Barre	Lindsey	Studio 2
8:30–9:30am	Barre	Grace Ann	Opal
10:00–10:55am	Barre	Megan	Opal
11:00–11:55am	Barre	Megan	Opal
5:00-6:00pm	Rebarre	Emma	Studio 2

FRIDAY

Time	Class	Instructor	Location
8:30–9:30am	Barre ▶	Emma	Studio 2
10:00–11:00am	Barre	Stephanie	Studio 2
11:30am-12:30pm	Barre	Roya	Opal
4:00–4:30pm	Les Mills Virtual Barre	▶	Studio 1

SATURDAY

Time	Class	Instructor	Location
8:30–9:30am	Barre	Team	Opal
10:00–11:00am	Barre	Team	Opal
11:30am-12:30pm	Barre	Team	Opal
2:45–3:15pm	Les Mills Virtual Barre	▶	Studio 1

SUNDAY

Time	Class	Instructor	Location
8:30–9:30am	Barre	Team	Studio 2
10:00–11:00am	Barre	Team	Studio 2
1:30–2:00pm	Les Mills Virtual Barre	▶	Studio 1

BARRE CLASSES REQUIRE REGISTRATION

Opal classes limited to 14 participants.
Studio 2 classes limited to 20 participants.
1-hour cancelation 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

CLUB GREENWOOD

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!