

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
12:30-1:30pm	Barre	Team	Studio 2

Barre

COMPLIMENTARY

EFFECTIVE 11/1/25

UPDATED 10.28.25

BARRE CLASSES REQUIRE REGISTRATION

Opal classes limited to 14 participants.
Studio 2 classes limited to 20 participants.
2-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.