Barre

COMPLIMENTARY
EFFECTIVE 11/1/26

UPDATED 10.21.26

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	Opal
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 CLASSES REQUIRE REGISTRATION

Opal classes limited to 16 participants.
Studio 2 classes limited to 22 participants.
2-hour cancelation 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

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.