

MONDAY

8:00-8:55am	Barre ▶	Christy	Opal
9:00-9:55am	Barre	Christy	Opal
10:00-11:00am	Barre	Emma	Opal
11:30am-12:30pm	Barre	Roya	Opal
4:00-4:30pm	Les Mills Virtual Barre	▶	Studio 1
6:00-7:00pm	Barre	Stephanie	Studio 2

TUESDAY

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
11:00-11:30am	Les Mills Virtual Barre	▶	Studio 1
11:30am-12:30pm	Barre	Tyra	Studio 2
6:00-7:00pm	Barre	Christina	Opal

THURSDAY

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

8:30-9:30am	Barre	Emma	Studio 2
10:00-11:00am	Barre ▶	Emma	Studio 2
11:30am-12:30pm	Barre	Roya	Opal
4:00-4:30pm	Les Mills Virtual Barre	▶	Studio 1

SATURDAY

8:30-9:30am	Barre ▶	Team	Opal
10:00-11:00am	Barre	Team	Opal
2:45-3:15pm	Les Mills Virtual Barre	▶	Studio 1

SUNDAY

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

COMPLIMENTARY

EFFECTIVE 9/1/23

UPDATED 8.28.23

**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 45-minute, low-impact trampoline and strength party!