

**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
4:00-4:30pm	Les Mills Virtual Barre	▶	Studio 1
6:00-7:00pm	Barre	Margaret	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
11:00-11:30am	Les Mills Virtual Barre	▶	Studio 1
11:30am-12:30pm	Barre	Tyra	Opal
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	Stephanie	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
11:30am-12:30pm	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 9/1/24

UPDATED 8.23.24

**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!