

BLACK FRIDAY

SCHEDULE

FRIDAY, NOVEMBER 26

CLUB 5AM – 8PM
 TENNIS 5:30AM – 8PM
 KIDS' CLUB/YAC 8AM – 5PM / 8AM – 4PM

6:00-6:55AM	Pilates Mat 1-3	Lizzy	Studio 2
6:00-7:00AM	Cycling ▶	Tim	Cycling
6:00-7:00AM	HIT FIT Ⓢ	Kim G	SGPT
7:00-7:55AM	Reformer for Athletes Ⓢ	Lizzy	Swan
8:00-9:00AM	HIIT ▶	Jim	Studio 1
8:30-9:30AM	Barre	Ruby	Opal
9:00-9:55AM	Advanced Reformer Flow Ⓢ	April	Swan
9:00-10:00AM	Deep Water	Marlene	Pool
9:00-10:15AM	Thermal Yoga 75	Lisa Z	Jade
9:30-10:30AM	Total Body Cardio ▶	Kim S	Studio 1
9:30-10:30AM	Cycling	Barbara	Cycling
10:00-11:00AM	Barre	Ruby	Opal
10:00-11:00AM	Yoga Sculpt	Tammy	Studio 2
10:45-11:45AM	Yoga Basics	Roberta	Jade
11:30AM-12:30PM	Brazilian Jiu Jitsu Ⓢ	Matt	MAB Studio
12:00-1:00PM	Alignment Vinyasa II	Roberta	Jade
4:30-5:45PM	Yin/Nidra	Brianne	Jade

Jade INDICATES HEATED CLASS Ⓢ INDICATES PAID PROGRAMMING ▶ INDICATES LIVESTREAM
▶ SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES