

FOURTH OF JULY SCHEDULE

THURSDAY, JULY 4

CLUB 5:00AM – 5:00PM
TENNIS 5:30AM – 5:00PM
KIDS' CLUB/YAC 8:00AM – 1:00PM

*FRIDAY, JULY 5TH | MODIFIED SCHEDULE, PLEASE SEE APP

REGULARLY SCHEDULED HOURS AND CLASSES ON THE WEEKEND AND MONDAY

6:00-7:00AM	Thermal Yoga® 60	Elena H	Jade
8:15-9:15AM	Cycling	Linda	Cyc
8:20-9:20AM	LM BODYPUMP	Andrea	Studio 1
8:30-9:25AM	Barre	Grace Ann	Opal
9:00-9:45AM	H.I.I.T.	Geraldine	Studio 2
9:00-10:00AM	Hatha	Ariella	Jade
9:00-10:00AM	Deep Water	Jeanette	Pool
9:30-10:25AM	Reformer \$	Hillary	Swan
9:30-10:30AM	Power Hour ▶	Jim	Studio 1
9:30-10:30AM	Barre	Grace Ann	Opal
9:50-10:20AM	LM Core	Geraldine	SGPT
10:30-11:30AM	Align & Flow ▶	Ariella	Jade
10:30-11:30AM	HIT FIT	Geraldine	SGPT
12:15-1:15PM	LM BODYPUMP ▶	Geraldine	Studio 1

▶ SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES

HEATED CLASS ▶ INDICATES LIVESTREAM \$ INDICATES PAID PROGRAMMING