

BLACK FRIDAY

SCHEDULE

FRIDAY, NOVEMBER 24

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

6:00-7:00AM	Align & Flow	Payton	Jade
6:00-7:00AM	Cycling	Neal	Cycling
8:15-9:15AM	HIIT ▶	Jim	Studio 1
8:30-9:30AM	Barre ▶	Emma	Studio 2
9:00-10:00AM	Deep Water	Marlene	Pool
9:00-10:15AM	Thermal Yoga® 75	Ania	Jade
9:30-10:30AM	Total Body Cardio ▶	Judy	Studio 1
9:30-10:30AM	Cycling	Gerry	Cycling
9:45-10:30AM	CVI	Sally	UCV
10:00-11:00AM	Barre	Emma	Studio 2
10:35-10:55AM	Stretch and Roll	Sally	Studio 1
10:45-11:45AM	Yoga Basics ▶	Julia	Jade
11:00-12:00PM	HIT FIT	Brandon	SGPT
11:30-12:30PM	Barre	Monica	Opal
12:00-1:00PM	Align & Flow	Ania	Jade
12:00-12:45PM	LIIT	Elena	Studio 2
1:15-2:15PM	Intermediate Tai Chi	Marek	Jade
2:30-3:30PM	Beginner Tai Chi	Marek	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

No Pickleball, Pilates Reformer Classes, Martial Arts and Boxing classes will be offered this day.