

# LABOR DAY SCHEDULE

MONDAY, SEPTEMBER 4

CLUB 5:00AM – 5:00PM

TENNIS 5:30AM – 5:00PM

KIDS' CLUB/YAC 8:00AM – 1:00PM

REGULARLY SCHEDULED HOURS AND CLASSES ON THE WEEKEND

8:00-8:45AM	Rebound 45	Emma	Studio 2
8:00-9:00AM	Cycling	Bethany	Cycling
9:00-9:55AM	Barre	Emma	Studio 2
9:00-10:00AM	Shallow Water	Crystal	Pool
9:00-10:00AM	BODYCOMBAT	Geraldine	Studio 1
9:00-10:15AM	Thermal Yoga® 75	John	Jade
10:00-10:45AM	Les Mills CORE	Geraldine	Studio 1
10:00-10:55AM	Barre	Emma	Studio 2
10:00-11:00AM	HIT FIT	Brandon	SGPT
10:45-11:45AM	Yoga Basics ▶	John	Jade
11:00-12:00PM	HIIT	Jim	Studio 1
12:00-1:00PM	BODYPUMP	Jim	Studio 1
12:00-1:00PM	BJJ \$	Matt	MAB Studio

▶ SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES

HEATED CLASS ▶ INDICATES LIVESTREAM \$ INDICATES PAID PROGRAMMING