

# THANKSGIVING DAY SCHEDULE

THURSDAY, NOVEMBER 23

CLUB 5:00AM – 2:00PM  
TENNIS 5:30AM – 2:00PM  
KIDS' CLUB/YAC 8:00AM – 1:00PM

6:00-7:00AM	Thermal Yoga®	Elena	Jade
7:00-8:00AM	BODYPUMP	Andrea	Studio 1
7:30-8:30AM	Barre	Lindsey	Studio 2
8:15-9:15AM	Cycling	Dennis	Cycling
8:20-9:20AM	BODYPUMP	Payton	Studio 1
9:00-10:00AM	Deep Water	Marlene	Pool
9:00-10:00AM	Hatha Yoga	Venus	Jade
9:00-10:00AM	PWR45 \$	Brandon	SGPT
9:30-10:30AM	HIIT	Geraldine	Studio 1
9:30-10:25AM	Barre	Margaret	Studio 2
10:30-11:15AM	LM CORE	Geraldine	Studio 1
10:30-11:30AM	Align & Flow ▶	Ariella	Jade
10:30-11:25AM	Barre	Margaret	Studio 2
11:30-12:30PM	HIT FIT	Geraldine	SGPT
12:00-1:00PM	Power Flow	Julia	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.