

# THANKSGIVING DAY

## SCHEDULE

THURSDAY, NOVEMBER 27

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

6:00 - 6:45 AM	Barre	Laura	Studio 2
6:00 - 7:00 AM	Thermal Yoga®	Elena H	Jade
8:15 - 9:15 AM	Ride	Dennis	Cycling
8:20 - 9:20 AM	BODYPUMP	Payton	Studio 1
8:30 - 9:30 AM	Barre	Stephanie S	Opal
9:00 - 9:55 AM	HIIT	Geraldine	Studio 2
9:00 - 10:00 AM	Reformer \$	Tyra	Swan
9:00 - 10:00 AM	Hatha	Venus	Jade
9:00 - 10:00 AM	Deep Water	Clay	Pool
9:30 - 10:30 AM	Power Hour	Emma	Studio 1
10:00 - 10:55 AM	Barre	Ruby	Opal
10:00 - 11:00 AM	Hit Fit	Zach	SGPT
10:30 - 11:30 AM	Mat Pilates	Tyra	Studio 2
10:30 - 11:30 AM	Align & Flow	Ariella	Jade
11:00 - 11:55 AM	Barre	Katie H	Opal
11:00AM-12:00PM	Holiday Zumba	Melissa	Studio 1
12:15 - 1:15 PM	BODYPUMP	Geraldine	Studio 1

Jade INDICATES HEATED CLASS    \$ INDICATES PAID PROGRAMMING    ▶ INDICATES LIVESTREAM

▶ SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES

No Pickleball, Pilates, or SGPT classes will be offered this day.

# BLACK FRIDAY

## SCHEDULE

FRIDAY, NOVEMBER 28

CLUB 5:00AM – 9:00PM

TENNIS 5:30AM – 10:00PM

KIDS' CLUB/YAC 8:00AM – 5:00PM

6:00 - 7:00 AM	Cycling	Tim	Cycling
6:00 - 7:00 AM	Align & Flow	Ariella	Jade
7:05 - 8:05 AM	SculptXV	Emma	Studio 2
8:20 - 9:20 AM	HIIT	Jim	Studio 1
8:30 - 9:30 AM	Barre	Emma	Studio 2
9:00 - 10:15 AM	Thermal Yoga® 75	Ania	Jade
9:00 - 10:00 AM	Tai Chi	Marek	Opal
9:00 - 10:00 AM	Deep Water	Nancy	Pool
9:30 - 10:30 AM	Total Body Cardio	Sophia	Studio 1
9:30 - 10:30 AM	Ride	Barbara	Cycling
9:45 - 10:30 AM	CVI	Jocelyn	UVC
10:00 - 11:00 AM	Barre	Katie H	Studio 2
10:00 - 11:00 AM	Hit Fit	Soren	SGPT
10:35 - 10:55 AM	Stretch & Roll	Jocelyn	Studio 1
10:45 - 11:45 AM	Yoga Basics	Emma	Jade
11:05 AM - 11:50 PM	Rebound45	Kass	Studio 2
11:30 AM - 12:30 PM	Barre	Roya	Opal
12:00 - 12:45 PM	LIIT	Lena	Studio 2
12:00 - 1:00 PM	Align & Flow	Caitlin	Jade
12:15 - 1:15 PM	BODYSTEP	Chalyce	Studio 1
4:30 - 5:45 PM	Yin/Yoga Nidra	Brianne	Jade
5:30 - 6:30 PM	Cardio Dance	Melissa	Studio 1

Jade INDICATES HEATED CLASS   \$ INDICATES PAID PROGRAMMING   ▶ INDICATES LIVESTREAM

▶ SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES

No Pickleball, Pilates, or SGPT classes will be offered this day.