

THANKSGIVING DAY SCHEDULE

THURSDAY, NOVEMBER 25

CLUB 5AM – 2PM

TENNIS 5:30AM – 2PM

KIDS' CLUB/YAC 8AM – 1PM

6:00-7:00AM	Mayflower Muscle Chaos \$	Kim G	SGPT
7:30-8:30AM	Spiced Up Cycling	Neal	Cycling
8:00-9:00AM	Harvest HIIT	Jim	Studio 1
8:00-9:15AM	Thankful Thermal Yoga 75	John	Jade
8:30-9:30AM	Bountiful Barre	Emma	Opal
9:00-9:55AM	Roasted Reformer \$	Lizzy	Swan
9:00-10:00AM	Thanksgiving SGPT \$	Brandon/ Kim G	SGPT
9:00-10:00AM	Deep Water Dessert	Jeanette	Pool
9:15-10:15AM	Body Pump-kin Pie	Andrea	Studio 1
9:30-10:30AM	Pie Power Vinyasa	Danessa	Jade
9:30-10:30AM	Spiced Up Cycling	Gerry	Cycling
10:00-11:00AM	Bountiful Barre	Emma	Opal
10:30-11:15AM	Cranberry Core	Geraldine	Studio 1
10:45-11:45AM	Gratitude Restorative Yoga	Danessa	Jade
11:15AM-12:00PM	Turkey Trampoline	Emma	Studio 3
11:20AM-12:05PM	Cornucopia Combat	Geraldine	Studio 1

Jade INDICATES HEATED CLASS \$ INDICATES PAID PROGRAMMING NO LIVESTREAM CLASSES

SEE CLUB GREENWOOD APP FOR LES MILLS VIRTUAL CLASSES