



8/14 - 8/20

248-626-9880

www.thesportsclubs.com

MONDAY 14	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb A
8:15-9:15am	Slow Flow Vinyasa++	Allison**
9:30-10:15am	Cardio Barre Express	Deb A.
9:30-10:30am	Slow Flow Vinyasa	Barbara
9:30-10:30am	Hot Vinyasa	Coby
11:45-12:45pm	Healthy Backs	Deb A.
4:30-5:25pm	Precision Barre'	Deb A
4:45-5:45pm	Slow Flow Vinyasa ++	Susan B
6:00-7:00pm	Hot Vinyasa	Susan B
TUESDAY 15	Class	Instructor
8:10-9:05am	Precision Barre'	Deb A.
9:30-10:30am	Hot Vinyasa	Nancy
9:30-10:30am	Postural Strength and Conditioning	Arlene
11:45-12:45pm	Healthy Backs	Marni
4:30-5:30pm	Healthy Backs	Nancy
5:30-6:30pm	Slow Flow Vinyasa	Molly
6:30-7:30pm	Hot Vinyasa	Cary
7:45-8:45pm	Yin Yoga	Todd
WEDNESDAY 16	Class	Instructor
5:45-6:45am	Precision Barre'	Deb A
8:15-9:15am	Slow Flow Vinyasa	Shelley
9:30-10:30am	Hot Vinyasa	Cary
9:30-10:30	Barre' Fusion	Shelley**
12:00-1:00 pm	Healthy Backs++	Barbara
4:45-5:45pm	Hot Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	Hot Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	Hot Vinyasa	Catherine
6:45-7:30pm	Deep Relaxation	New Class! Sonia

THURSDAY 17	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb A
8:10-9:05am	Precision Barre'	Deb A
9:30-10:30am	Hot Vinyasa	Marni
9:30-10:30am	Postural Strength & Conditioning	Allison
12:00-1:00pm	Healthy Backs	Dawn
4:30-5:30pm	Restoration at the Wall++	Barbara
5:30-6:25pm	Precision Barre'	Deb A
5:35-6:35	Healthy Backs	Barbara
6:30-7:30pm	Hot Vinyasa	Rickita
7:30-8:30pm	Yin Yoga	Ronna
FRIDAY 18	Class	Instructor
9:15-10:15am	Healthy Backs	Shelley
9:30-10:30am	Hot Vinyasa	Rickita
10:45-11:45am	Yin Yoga++	Ronna
5:00-6:00pm	Hot Vinyasa	Cary
SATURDAY 19	Class	Instructor
8:00-9:00am	Hot Vinyasa	Marni
9:00-10:00am	Slow Flow Vinyasa	Nancy
9:15-10:15am	Hot Vinyasa	Catherine
10:10-11:05am	Precision Barre'	Deb A
10:30-11:30am	Healthy Backs(I)++	Barbara
11:40-12:40pm	Healthy Backs(No I)++	Barbara
SUNDAY 20	Class	Instructor
8:00-9:00am	Slow Flow at the Wall++	Deb A
9:10-10:10am	Healthy Backs++	Andy
9:00-9:55am	Precision Barre'	Deb A
10:15-11:15am	Slow Flow Vinyasa	Catherine
10:15-11:15am	Hot Vinyasa	Cary
11:30-12:30pm	Yin Yoga++	Ronna
4:00-5:00pm	Slow Flow Vinyasa	Marni
A Gray background means the class is in the Hot Studio		
A Blue background means the class is in Studio E		

7:45-8:15pm

Meditation

New Class!

Sonia