

**By appointment only, personalized Yoga.** *Download our app now to sign in for your class!* In your app store, search for **Sports Club West Bloomfield**



**Week of Feb 15th 2021**

248-626-9880

[www.thesportsclubs.com](http://www.thesportsclubs.com)

MONDAY 15	Class	Instructor
11:45-12:45pm	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

TUESDAY 16	Instructor
9:30-10:30am	Vinyasa Catherine
5:30-6:30pm	Slow Flow Vinyasa Rob
6:15-7:00pm	Pilates and Core Sheridan

WEDNESDAY 17	Class	Instructor
5:45-6:40	Precision Barre'	Deb
12:00-1:00 pm	Healthy Backs	Andy
6:00-7:00pm	Vinyasa	Catherine

**\*Remember, at this time, we are not supplying towels, mats, water bottles and locker room amenities.**

**\*Enter through the north entrance only. The south entrance is closed.**

Thursday 18	Class	Instructor
4:30-5:30pm	Restoration at the Wall	Deb

FRIDAY 19	Class	Instructor
9:30-10:30am	Vinyasa	Rickita
10:30-11:30am	A Foundation Strength & Flexibility	No Class Today

SATURDAY 20	Class	Instructor
9:45-10:45am	Vinyasa	Catherine
11:45-12:45pm	Healthy Backs	No Class Today

SUNDAY 21	Class	Instructor
9:00-10:00am	Slow Flow Vinyasa	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Vinyasa	Catherine
4:00pm-5:00pm	Slow Flow Vinyasa	Rob

Classes in gray-Hot Studio  
 Classes in green-Field House  
 All other classes in the emerge studio