

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**

MONDAY 22	Class	Instructor
11:45-12:45pm	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

TUESDAY 23	Class	Instructor
9:30-10:30am	Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Rob
6:15-7:00pm	Pilates and Core	Sheridan

WEDNESDAY 24	Class	Instructor
5:45-6:40am	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.*



Week of Feb 22nd 2021

248-626-9880

www.thesportsclubs.com

Thursday 25	Class	Instructor
4:30-5:30pm	Restoration at the Wall	Deb

FRIDAY 26	Class	Instructor
9:30-10:30am	Vinyasa	Rickita
10:30-11:30am	A Foundation Strength & Flexibility	Deb**

SATURDAY 27	Class	Instructor
9:45-10:45am	Vinyasa	Catherine
11:45-12:45pm	Healthy Backs	Andy

SUNDAY 28	Class	Instructor
9:00-10:00am	Slow Flow Vinyasa	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Vinyasa	Catherine
4:00-5:00pm	Slow Flow Vinyasa	Rob

Classes in gray-Hot Studio

Classes in green-Field House

All other classes in the emerge studio