

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 Jan 11th 2021

248-626-9880

www.thesportsclubs.com

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

TUESDAY 12		Class	Instructor
9:30-10:30am	Field House	Vinyasa	Catherine
10:45-11:30am		Pilates and Core	Sheridan
5:30-6:30pm		Slow Flow Vinyasa	Rob

WEDNESDAY 13	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 14	Class	Instructor
9:30-10:30am	Slow Flow	Rob
4:30-5:30pm	Restoration at the Wall	Deb

FRIDAY 15	Class	Instructor
9:30-10:30am	Vinyasa	Rickita

SATURDAY 16	Class	Instructor
9:45-10:45am	Vinyasa	Catherine
11:45-12:45pm	Healthy Backs	Andy

SUNDAY 17	Class	Instructor
9:00-10:00am	Healthy Backs	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Vinyasa	Catherine
4:00pm-5:00pm	Slow Flow	Rob

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