

To take a class, you must sign up with the Front Desk person or, **Download our app now to sign in for your class!** In your app store, search for Sports Club West Bloomfield

MONDAY 19	Class	Instructor
5:45-6:45	Vinyasa	Cancelled
9:30-10:30am	Slow Flow Vinyasa	Cancelled
11:45-12:45pm	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

TUESDAY 20	Class	Instructor
9:30-10:30am	Field House Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Rob

WEDNESDAY 21	Class	Instructor
5:45-6:40	Precision Barre'	Deb
12:00-1:00 pm	Healthy Backs	Andy
6:00-7:00pm	Vinyasa	Catherine

This schedule is a work in progress. Please know, our intention is to give you the amount and quality of classes that you expected from us in the past. Moving forward, our goal will be to exceed your expectations and give you more variety with the teachers you know and love!



Week of Oct 19th

248-626-9880

www.thesportsclubs.com

Thursday 22	Class	Instructor
9:00-10:00am	Field House Vinyasa	Deb
4:30-5:30pm	Restoration at the Wall	Deb
6:00-7:00pm	Vinyasa	Rickita

FRIDAY 23	Class	Instructor
9:15-10:15am	Healthy Backs	Deb
9:30-10:30am	Field House Vinyasa	Rickita

SATURDAY 24	Class	Instructor
9:45-10:45am	Vinyasa	Catherine
11:45-12:45pm	Healthy Backs	Andy

SUNDAY 25	Class	Instructor
9:00-10:00am	Healthy Backs	Andy
10:30-11:30am	Field House Vinyasa	Catherine

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

**In accordance with MDHHS Emergency order dated Oct 9th, classes are limited to 25% capacity. For contact tracing and to save your spot you must sign up for class. To sign up for a class, you can call and speak with a desk person or download our new app! Look for us in your app store, Sports Club West Bloomfield.*

**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.*