



Personalized Fitness

By Appointment Only

Week of Jan 11th 2021

248-626-9880

www.thesportsclubs.com

To take a class, you must sign up with the Front Desk person or, Download our app now to reserve your spot! In your app store, search for [Sports Club West Bloomfield](#)

Monday 11		Location/Class	Instructor
9:15-10:00am	Room change	A Cardio & Weights Intervals	Maureen
10:30-11:15am	Time change	A Spin* Zone 1-4	Arlene
6:30-7:15pm		A Body Conditioning	Devra

THURSDAY 14		Location/Class	Instructor
9:15-10:00am		A HIIT	Maki
11:15-12:00pm		A Cardio-Combo	Andy
6:00-6:45pm		A Cardio-mix	Yasuyo

Tuesday 12		Location/Class	Instructor
9:15-10:00am		A Cardio-mix	Patty
5:30-6:15pm		A Body Conditioning plus	Lynn

FRIDAY 15		Location/Class	Instructor
10:30-11:30am		A Foundation Strength & Flexibility	Arlene

Wednesday 13		Location/Class	Instructor
9:15-10:00am		A Zumba	Sanda
4:30-5:15pm		A Spin*Zone 2-4	Gabby
6:30-7:15pm		A Body Conditioning	Devra

SATURDAY 16		Location/Class	Instructor
9:15-10:00am		A Step and Weights Intervals	Lynn
10:30-11:15am		A Body Conditioning	Maki

SUNDAY 17		Location/Class	Instructor
8:45-9:30am		A Cardio & Weights Intervals	Devra
9:45-10:30am		A Spin*Zone 2-4	Kari
10:45-11:00am		A Zumba	Miki

- * Every person entering the club must wear a mask.
- * Remember, at this time, we are not supplying towels, mats, water bottles and locker room
- * Enter through the north entrance only. The south entrance is closed.