



Personalized Fitness

Week of Jan 18th 2021

248-626-9880

By Appointment Only

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](#)

www.thesportsclubs.com

| Monday 18 | Location/Class | Instructor |
|---------------|------------------------------|------------|
| 9:15-10:00am | A Cardio & Weights Intervals | Devra** |
| 10:30-11:15am | A Spin* Zone 1-4 | Arlene |
| 6:30-7:15pm | A Body Conditioning | Devra |

| THURSDAY 21 | 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 19 | Location/Class | Instructor |
|--------------|--------------------------|------------|
| 9:15-10:00am | A Cardio-mix | Patty |
| 5:30-6:15pm | A Body Conditioning plus | Lynn |

| FRIDAY 22 | Location/Class | Instructor |
|---------------|-------------------------------------|------------|
| 10:30-11:30am | A Foundation Strength & Flexibility | Arlene |

| Wednesday 20 | Location/Class | Instructor |
|--------------|---------------------|------------|
| 9:15-10:00am | A Zumba | Andrea |
| 4:30-5:15pm | A Spin*Zone 2-4 | Gabby |
| 6:30-7:15pm | A Body Conditioning | Devra |

| SATURDAY 23 | Location/Class | Instructor |
|---------------|------------------------------|------------|
| 9:15-10:00am | A Step and Weights Intervals | Lynn |
| 10:30-11:15am | A Body Conditioning | Lynn |

| SUNDAY 24 | Location/Class | Instructor |
|---------------|------------------------------|------------|
| 8:45-9:30am | A Cardio & Weights Intervals | Devra |
| 9:45-10:30am | A Spin*Zone 2-4 | Gabby |
| 10:45-11:00am | A Zumba | Miki |

** Substitute

* Every person entering the club must wear a mask.

* 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.