

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

TUESDAY 17	Class	Instructor
9:30-10:30am <small>Field House</small>	Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Rob

WEDNESDAY 18	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.**



Week of Nov 16th 2020

248-626-9880

www.thesportsclubs.com

Thursday 19	Class	Instructor
9:30-10:30am	New Time! Slow Flow	Rob
4:30-5:30pm	Restoration at the Wall	Deb

FRIDAY 20	Class	Instructor
9:15-10:15am	Healthy Backs	Cancelled
9:30-10:30am <small>Field House</small>	Vinyasa	Rickita

SATURDAY 21	Class	Instructor
9:45-10:45am	Vinyasa	Catherine
11:45-12:45pm	Healthy Backs	Andy

SUNDAY 22	Class	Instructor
9:00-10:00am	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