

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 Nov 23th 2020

248-626-9880

www.thesportsclubs.com

MONDAY 23	Class	Instructor
11:45-12:45pm	Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

TUESDAY 24		Instructor
9:30-10:30am	Field House Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Rob

WEDNESDAY 25	Class	Instructor
5:45-6:40	Precision Barre'	Deb
12:00-1:00 pm	Healthy Backs	Andy
6:00-7:00pm	Vinyasa	No Class Tonight

***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 26	Class	Instructor
<i>No Classes Today - Have a Safe and Happy Thanksgiving!</i>		

FRIDAY 27	Class	Instructor
9:30-10:30am	Field House Vinyasa	Rickita

SATURDAY 28	Class	Instructor
9:45-10:45am	Vinyasa	Catherine
11:45-12:45pm	Healthy Backs	Andy

SUNDAY 29	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