



week of 9-14-20

248-626-9880

www.thesportsclubs.com

MONDAY	Class	Instructor
6:15-7:10am	Vinyasa	Deb
9:30-10:30am	Slow Flow Vinyasa	Deb
11:45-12:45pm	Field House Healthy Backs	Deb
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Vinyasa	Catherine

Tuesday

8:00-8:55am	Precision Barre'	Deb
9:30-10:30am	Field House Vinyasa	Catherine
10:30-11:30am	Foundation Strength & Flexibility	Arlene
11:45-12:45pm	Field House Healthy Backs	Marni
5:30-6:30pm	Slow Flow Vinyasa	Rob

WEDNESDAY	Class	Instructor
6:15-7:10am	Precision Barre'	Deb
9:30-10:30am	Vinyasa	Deb
12:00-1:00 pm	Field House Healthy Backs	Andy
5:30-6:30pm	Slow Flow Vinyasa	Marni
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!

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

Thursday	Class	Instructor
8:00-8:55am	Precision Barre'	Deb
9:00-10:00am	Field House Vinyasa	Marni
12:00-1:00pm	Field House Healthy Backs	Dawn
4:30-5:30pm	Restoration at the Wall	Deb
6:00-7:00pm	Vinyasa	Rickita

FRIDAY	Class	Instructor
9:15-10:15am	Healthy Backs	Deb
9:30-10:30am	Vinyasa	Rickita
11:00-12:00pm	Patio Healthy Backs	Barbara

SATURDAY	Class	Instructor
9:30-10:30am	Field House Vinyasa	Catherine
11:45-12:45pm	Field House Healthy Backs	Andy

SUNDAY	Class	Instructor
9:00-10:00am	Field House Healthy Backs	Andy
9:00-9:55am	Precision Barre'	Deb
10:30-11:30am	Field House Vinyasa	Catherine

*All classes outside may be cancelled or moved inside when possible, in the event of bad weather.

*In accordance with Executive Order 2020-175, classes are limited to 25% capacity. To sign up for a class, everyone must call, no sooner than 24 hours before the class time. You must speak with the desk person to be put on the class roster. Any no-shows will be charged a \$10 fee.

*Remember, at this time, we are not supplying towels, mats, water bottles and locker room amenities. The showers are open until 10am only.

*Enter through the north entrance only. The south entrance is closed.