



www.thesportsclubs.com

248-626-9880

Group Fitness

4/20/26

Please note: **This schedule is subject to change.** For the most accurate version of the emerge schedule, please download our app. In your app store, search for **sports club west bloomfield**

[Click here for app directions.](#)

MONDAY 20	Location/Class	Instructor
8:15-9:15am	B *Spin Zone 1-4	Maureen
9:15-10:15am	A Cardio & Weights Intervals	Maureen
5:30-6:30pm	A Werq and Core	Rachel
6:30-7:30pm	A Body Conditioning	Maki

TUESDAY 21	Location/Class	Instructor
9:15-10:15am	A Cardio-mix	Patty
10:15-11:15am	A Chair Workout (Must sign up for a spot)	Cancelled today
6:00-7:00pm	A Body Conditioning plus	Lynn
6:30-7:15pm	B *Spin Zone 2-4	Connie

WEDNESDAY 22	Location/Class	Instructor
9:15-10:00am	A Dancefit	Sanda
9:00-9:45am	B *Spin Zone 2/4 Interval	Sara
10:15-11:15am	A Body Conditioning	Maureen
5:30-6:30pm	A Werq!	Rachel
6:30-7:30pm	A Body Conditioning	Devra

**** Substitute**

*** All classes in red, participants must sign up to reserve a spot.**

Sign up through our app or through the Service Center.

THURSDAY 23	Location/Class	Instructor
6:00-7:00am	A Body Conditioning plus	Lynn
9:15-10:15am	A 3 - 2 - 1	Patty
11:15-12:00pm	A Cardio-Combo	Devra**
5:30-6:30pm	A TRX	Devra
6:30-7:15pm	B *Spin Zone 1-4	Kari

FRIDAY 24	Location/Class	Instructor
6:00-6:45am	B *Spin Zone 2-4	Gary
9:15-10:00am	A Cardio Kickboxing	Jenny

SATURDAY 25	Location/Class	Instructor
9:00-9:45am	B *Spin Zone 1-4	Sandy
9:15-10:15am	A Cardio & Strength Intervals	Devra
10:30-11:30am	A Body Conditioning	Lynn

SUNDAY 26	Location/Class	Instructor
8:00-9:00am	A TRX	Lynn
9:15-10:00am	A HIIT	Maki
9:00-9:45am	B *Spin Zone 2-4	Gary
10:30-11:30am	A Dancefit	Miki