



248-626-9880

8/17/26

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MONDAY 17	Class	Instructor
9:15-10:15am	Hatha Yoga	Meenakshi
10:30-11:30am	Healthy Backs	Deb
10:30-11:30am	Pilates Mat	Meenakshi
4:45-5:45pm	Slow Flow Vinyasa	Catherine
6:00-7:00pm	Hot Vinyasa	Catherine

TUESDAY 18	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Catherine
9:30-10:30am	Gentle Flow	Polina
5:30 - 6:30pm	Hatha Flow	Meenakshi
6:45 - 7:45pm	Yin Yoga	Meenakshi

WEDNESDAY 19	Class	Instructor
5:45-6:40am	Precision Barre'	Deb
9:00-10:00am	Slow Flow Vinyasa	Kelsey
10:00-11:00am	Pilates Sculpt	Deb
12:00-1:00 pm	Healthy Backs	Andy
5:30-6:30pm	Gentle Flow	Polina
6:00-7:00pm	Hot Vinyasa	Heather

**** Substitute**

Classes in gray-Hot Studio
All other classes in the emerge studio

THURSDAY 20	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Gentle Flow	Anjali
10:45-11:45am	Pilates Mat	Meenakshi
4:30-5:30pm	Restoration at the Wall	Deb
6:00-7:00pm	Yin Yoga	Meenakshi

FRIDAY 21	Class	Instructor
8:00-9:00am	Slow Flow Vinyasa	Deb
9:30-10:30am	Hot Vinyasa	Kaytee
9:15-10:15am	Foundation Strength & Flexibility	Deb
12:15-1:15pm	Strength in Motion	Barbara

SATURDAY 22	Class	Instructor
9:30-10:30am	Hot Vinyasa	Heather
9:30-10:15am	Express Slow Flow	Joanna
10:30-11:30am	Healthy Backs	Andy
10:45-11:45am	Yin for Healthy Backs (IR)	Heather
(IR) - The Infra Red will be on for this class		

SUNDAY 26	Class	Instructor
9:00-10:00am	Cardio Barre	Andy
10:15-11:15am	Healthy Backs	Andy
10:30-11:30am	Hot Vinyasa	Catherine
3:00-4:00pm	Gentle Flow	Meenakshi