



www.thesportsclubs.com

248-626-9880

Group Fitness

1/12/26

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

[Click here for app directions](#)

MONDAY 12	Location/Class		Instructor
9:00-9:45am	Time change!	B *Spin Zone 1-4	Sandy**
9:15-10:15am		A Cardio & Weights Intervals	Maki**
5:30-6:30pm	A	Werq and Core	Rachel
6:30-7:30pm	A	Body Conditioning	Maki

TUESDAY 13	Location/Class		Instructor
9:15-10:15am	A	Cardio-mix	Patty
10:15-11:15am	A	Chair Workout (Must sign up for a spot)	Sandy
6:00-7:00pm	A	Body Conditioning plus	Lynn
6:30-7:15pm	B	*Spin Zone 2/4 Interval	Connie

WEDNESDAY 14	Location/Class		Instructor
9:15-10:00am	A	Dancefit	Sanda
9:00-9:45am	B	*Spin Zone 1-4	Terry**
10:15-11:15am	A	Body Conditioning	Devra**
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 15	Location/Class		Instructor
6:00-7:00am	A	Body Conditioning plus	Lynn
9:15-10:15am	A	3 - 2 - 1	Maki
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 16			
6:00-6:45am	B	*Spin Zone 1-4	No Class today
9:15-10:00am	A	Cardio Kickboxing	Jenny

SATURDAY 17	Location/Class		Instructor
9:00-9:45am	B	*Spin Zone 2/4 Interval	Connie
9:15-10:15am	A	Cardio & Strength Intervals	Devra
10:30-11:30am	A	Body Conditioning	Lynn

SUNDAY 18	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	Sara
10:30-11:30am	A	Zumba	Miki