



www.thesportsclubs.com

248-626-9880

1/12/26

Group Fitness

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**

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**

[Click here for app directions](#)

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		
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		
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

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

Sign up through our app or through the Service Center.