



[www.thesportsclubs.com](http://www.thesportsclubs.com)

248-626-9880

1/12/26

Download our app now to sign in for your class! In your app store, search for Sports Club West Bloomfield

MONDAY 12	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 13	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Catherine
9:30-10:30am	Gentle Flow	
5:30 - 6:30pm	Hatha Flow	Meenakshi
6:45 - 7:45pm	Yin Yoga	Meenakshi

WEDNESDAY 14	Class	Instructor
5:45-6:40am	Precision Barre'	Deb
9:00-10:00am	Slow Flow Vinyasa	Anne
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

(IR) - The Infra Red will be on for this class

THURSDAY 15	Class	Instructor
8:15-9:10am	Precision Barre'	Deb
9:30-10:30am	Gentle Flow	
<b>10:30-11:30am New Day!</b>	<b>Pilates Mat</b>	<b>Meenakshi</b>
4:30-5:30pm	Restoration at the Wall	Deb
6:00-7:00pm	Yin Yoga	Meenakshi

FRIDAY 16	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	Healthy Backs	Barbara

SATURDAY 17	Class	Instructor
9:30-10:30am	Hot Vinyasa	Heather
9:30-10:15am	Express Slow Flow	Joanna
10:30-11:30am	Healthy Backs	Meenakshi**
10:45-11:45am	Yin for Healthy Backs (IR)	Heather
	<i>(IR) - The Infra Red will be on for this class</i>	

SUNDAY 18	Class	Instructor
7:45-9:00am	Ashtanga Flow	Dr Salil
9:00-10:00am	Cardio Barre	Deb**
10:15-11:15am	Healthy Backs	Deb**
10:30-11:30am	Hot Vinyasa	Catherine
3:00-4:00pm	Gentle Flow	Meenakshi**