

248-626-9880



11/27/23

www.thesportsclubs.com

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 27 | Class | Instructor |
|---------------|---|------------|
| 9:15-10:15am | <i>Temporary Time Change!</i> Healthy Backs/Core Essentials | Katie** |
| 10:30-11:30am | Healthy Backs | Deb |
| 4:45-5:45pm | Slow Flow Vinyasa | Catherine |
| 6:00-7:00pm | Vinyasa | Catherine |

| Tuesday 28 | Class | Instructor |
|--------------|------------------------------|------------|
| 8:15-9:10am | Precision Barre' | Deb |
| 9:30-10:30am | Vinyasa | Catherine |
| 9:30-10:30am | <i>New Class</i> Gentle Flow | Katie |
| 5:30-6:30pm | Slow Flow Vinyasa | Katie |
| 6:45-7:45pm | Yin Yoga | Katie |

| WEDNESDAY 29 | 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 |
| 6:00-7:00pm | Vinyasa | Catherine |

** Substitute

Classes highlighted in gray are in the Hot Studio
All other classes in the emerge studio

| THURSDAY 29 | Class | Instructor |
|--------------|------------------------------|------------|
| 8:15-9:10am | Precision Barre' | Deb |
| 9:30-10:30am | <i>New Class</i> Gentle Flow | Krishna |
| 4:30-5:30pm | Restoration at the Wall | Deb |
| 5:30-6:30pm | Slow Flow Vinyasa | Anne |

| FRIDAY 30 | Class | Instructor |
|--------------|-----------------------------------|------------|
| 8:00-9:00am | Slow Flow Vinyasa | Deb |
| 9:30-10:30am | Vinyasa | Katie |
| 9:15-10:15am | Foundation Strength & Flexibility | Deb |

| SATURDAY 1 | Class | Instructor |
|---------------|----------------------------|------------|
| 9:30-10:30am | Vinyasa | Catherine |
| 9:30-10:15 | Express Slow Flow | Katie |
| 10:30-11:30am | Healthy Backs | Andy |
| 10:45-12:00pm | Yin for Healthy Backs (IR) | Katie |

| SUNDAY 2 | Class | Instructor |
|---------------|---------------|------------|
| 7:45-9:00am | Ashtanga Flow | Salil |
| 9:00-10:00am | Cardio Barre | Andy |
| 10:15-11:15am | Healthy Backs | Andy |
| 10:30-11:30am | Vinyasa | Catherine |

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