

COMPLIMENTARY GROUP FITNESS

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▶ VIRTUAL CLASS SCHEDULE

ANDREA MORRIS Director of Group Fitness
 AndreaM@ClubGreenwood.com 303.770.2582 x312

MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MORNING	5:30-6:00 GRIT Athletic 1		5:30-6:00 GRIT Strength 1		5:30-6:00 GRIT Cardio 1			
	6:00-6:30 BODYCOMBAT 1		6:00-6:30 BARRE 1		6:00-6:30 SH'BAM 1			
	6:30-7:00 CXWORX 1		6:30-7:00 BODYFLOW 1		6:30-7:00 CXWORX 1	6:30-7:00 SPRINT Cyc.		
		7:15-7:45 SPRINT Cyc.		7:15-7:45 SPRINT Cyc.			7:00-7:30 GRIT Athletic 1	7:00-7:30 GRIT Cardio 1
	7:30-8:00 BARRE 1	7:30-8:15 BODYFLOW 1	7:30-8:15 SH'BAM 1	7:30-8:15 BODYFLOW 1	7:30-8:00 BARRE 1	7:30-8:15 SH'BAM 1	7:30-8:30 BODYFLOW 1	
7:30-8:20 RPM Cyc.		7:30-8:20 RPM Cyc.		7:30-8:20 RPM Cyc.		7:30-8:00 SPRINT Cyc.		
MID-MORNING		9:30-10:00 SPRINT Cyc.		9:30-10:00 SPRINT Cyc.				
		10:30-11:20 RPM Cyc.		10:30-11:20 RPM Cyc.		10:30-11:00 SPRINT Cyc.		
	11:00-12:00 BODYFLOW 1	11:00-11:45 SH'BAM 1	11:00-11:30 BARRE 1		11:00-12:00 BODYFLOW 1			
	11:00-11:30 SPRINT Cyc.		11:00-11:30 SPRINT Cyc.		11:00-11:30 SPRINT Cyc.			
							11:30-12:20 RPM Cyc.	
AFTERNOON		1:20-1:35 BODYFLOW 1		1:20-1:35 BODYFLOW 1		12:00-1:00 BODYFLOW 1	12:45-1:15 BARRE 1	
		1:45-2:15 GRIT Strength 1		1:45-2:15 GRIT Athletic 1		12:00-12:50 RPM Cyc.	1:00-1:50 RPM Cyc.	
	1:30-2:15 BODYPUMP 1	1:45-2:15 GRIT Strength 1	1:30-2:15 SH'BAM 1	1:45-2:15 GRIT Athletic 1	1:30-2:15 BODYCOMBAT 1	1:30-2:15 SH'BAM 1	1:30-2:00 GRIT Strength 1	
	2:00-2:50 RPM Cyc.	2:00-2:30 SPRINT Cyc.	2:00-2:50 RPM Cyc.	2:00-2:30 SPRINT Cyc.	2:00-2:50 RPM Cyc.	2:00-2:30 SPRINT Cyc.	2:00-2:30 CXWORX 1	
	2:30-3:00 GRIT Cardio 1	2:30-3:15 BODYCOMBAT 1	2:30-3:15 BODYPUMP 1	2:30-3:15 SH'BAM 1	2:30-3:00 GRIT Strength 1	2:30-3:00 BARRE 1	2:30-3:30 BODYCOMBAT 1	
	3:00-3:30 SPRINT Cyc.	3:00-3:50 RPM Cyc.	3:00-3:30 SPRINT Cyc.	3:00-3:50 RPM Cyc.	3:00-3:30 SPRINT Cyc.	3:00-3:50 RPM Cyc.	3:00-3:30 SPRINT Cyc.	
	3:00-3:30 CXWORX 1		3:30-4:00 GRIT Athletic 1		3:00-3:30 CXWORX 1			
	3:30-4:00 BARRE 1	3:30-4:30 BODYFLOW 1	4:00-4:30 CXWORX 1	3:30-4:30 BODYCOMBAT 1	3:30-4:15 SH'BAM 1	3:30-4:00 GRIT Cardio 1		
	4:00-4:50 RPM Cyc.		4:00-4:50 RPM Cyc.			4:00-4:30 CXWORX 1	4:00-4:45 SH'BAM 1	
	4:30-5:15 SH'BAM 1	4:30-5:00 SPRINT Cyc.	4:30-5:15 SH'BAM 1	4:30-5:00 SPRINT Cyc.	4:30-5:00 BARRE 1	4:30-5:00 GRIT Strength 1	4:00-4:50 RPM Cyc.	
EVENING		6:00-6:50 RPM Cyc.		6:00-6:50 RPM Cyc.		5:30-6:30 BODYFLOW 1	5:00-6:00 BODYFLOW 1	
						6:00-6:50 RPM Cyc.	6:00-6:50 RPM Cyc.	
						6:35-6:50 BODYFLOW 1	6:30-7:00 GRIT Athletic 1	
						7:00-7:30 GRIT Cardio 1	7:05-7:35 BARRE 1	
	7:35-7:50 BODYFLOW 1	7:30-8:00 GRIT Cardio 1	7:35-7:50 BODYFLOW 1	7:30-8:00 GRIT Strength 1	7:30-8:00 CXWORX 1			
	8:00-8:30 GRIT Strength 1	8:05-8:35 BARRE 1	8:00-8:30 GRIT Athletic 1	8:05-8:35 BARRE 1				
8:00-8:50 RPM Cyc.		8:00-8:50 RPM Cyc.						
8:30-9:00 CXWORX 1	8:45-9:15 BODYPUMP 1		8:45-9:15 BODYCOMBAT 1					
							NEW CLASS OR CHANGE	

BALANCE/STABILITY/FLEXIBILITY

BODYFLOW A motivating blend of yoga with tai chi and Pilates that will leave you strong, calm and centered.

CARDIO

BODYCOMBAT™ Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

GRIT CARDIO 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

RPM A group indoor cycling workout where you control the intensity

SH'BAM A fun-loving, insanely addictive dance workout.

SPRINT 30 minute high intensity interval training workout using an indoor bike to achieve fast results.

STRENGTH

BARRE A modern version of classic balletic training. A 30 minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

BODYPUMP™ The ultimate in group resistance training set to music. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ challenges all of your major muscle groups.

CXWORX™ 30-minute revolutionary core training. This dynamic workout will challenge your abs, glutes, back, obliques and "slings" connecting the upper and lower body, toning core muscles and improving functional strength.

CARDIO/STRENGTH

GRIT ATHLETIC 30 minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.

GRIT STRENGTH 30 minute high intensity interval training designed to improve strength, cardiovascular fitness and build lean muscle.

MARCH

COMPLIMENTARY GROUP FITNESS

▶ VIRTUAL CLASS SCHEDULE

CLUB HOURS

Monday – Thursday	5am – 10pm
Friday	5am – 9pm
Saturday – Sunday	6am – 8pm



CLUB GREENWOOD

THE BEST PART OF YOUR DAY!®