

July Class Schedule



Yoga | Barre | Pilates | Strength in Downtown Greensboro

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:30am All Levels Flow	9:30-10:30am Core Pilates	9:30-10:30am Slow Flow	9:30-10:30am CounterFlow Yoga	9:30-10:30am Barre Fitness	9:30-10:30am ★ Pure Strength on GXunited.TV	9:30-10:30am ★ Yoga Flow on GXunited.TV
12:15-12:45pm ★ Barre Fitness on GXunited.TV	12:15-12:45pm ★ Yoga Flow on GXunited.TV	12:15-12:45pm ★ Pure Strength on GXunited.TV	12:15-12:45pm ★ Stretch & Recover on GXunited.TV	12:15-12:45pm ★ Core Pilates on GXunited.TV	July 24 ★ Free on GXunited.TV	
5:15-5:45pm Yoga Basics	5:15-5:45pm Yoga for Athletes	5:15-5:45pm *Begins 7/21 Movement Lab *Free Class*	5:15-5:45pm Barre / Pilates Basics	<h2>Announcements</h2> <ul style="list-style-type: none"> • Closed July 5th • July 7 FREE Barre in LeBauer Park • July 14 & 15 All classes held on GXunited.TV • July 24 Free on GXunited.TV Monthly Meet-up - Cheering on Team USA @ the Olympics 		
6:00-7:00pm Cardio Yoga	6:00-7:00pm CounterFlow Yoga	6:00-7:00pm *Begins 7/21 CounterFlow Barre	6:00-7:00pm Yoga Sweat Hybrid			