

Virtual Membership



Hosted by MINDBODY.

CLASS SCHEDULE*

MONDAY

6:00am	BODYPUMP®	Sarah/Heather
9:00am	Zumba®	Kellie
10:15am	Mat Pilates	Aubrey
11:30am	Gentle Yoga	Celeste (75min)
12:05pm	R.I.P.P.E.D.®	Nora
4:30pm	BODYPUMP®	Megan/Carrie
5:30pm	Zumba®	Megan/Lexi
5:30pm	All Around Yoga	Linda F. (75min)
6:30pm	BODYFLOW®	Katie/Jamie

TUESDAY

6:00am	BODYCOMBAT®	Carrie & Lori
8:30am	Continuing Yoga	Erin A. (75min)
9:00am	BODYCOMBAT®	Heather
10:00am	Joydance	Camie
11:00am	Gentle Strength Conditioning	Jane
5:00pm	BODYPUMP® EX	Katie/Kellie (45min) NEW!
5:45pm	BODYCOMBAT® EX	Katie/Kellie (45min) NEW!
6:40pm	Oula®	Paisley

WEDNESDAY

6:00am	BODYPUMP®	Sarah
9:00am	Zumba®	Kellie
11:30am	Gentle Yoga	Celeste (75min)
4:30pm	BODYPUMP®	Carrie
5:30pm	Form and Flow Yoga	Julie (75min)

THURSDAY

8:30am	Continuing Yoga	Erin A. (75min)
9:00am	BODYCOMBAT®	Heather/Kara
10:00am	Joydance	Camie
11:00am	Gentle Strength Conditioning	Aubrey
5:30pm	BODYPUMP®	Alyssa

FRIDAY

6:00am	HIIT & Core	Carrie
7:45am	BODYPUMP®	Patricia
9:00am	DanceMixx®	Sarah
10:00am	BODYFLOW®	Katie/Lori
5:30pm	Oula®	Kate/Cheyenne/Cassie

SATURDAY

8:10am	BODYPUMP®	Instructor Varies
9:10am	BODYCOMBAT®	Instructor Varies
10:10am	BODYFLOW®	Instructor Varies
11:15am	Zumba®	Megan

SUNDAY

12:00pm	Yoga	Dana (75min) NEW!
---------	------	--------------------------

On Demand Library link:

<https://video.mindbody.io/studios/592001/videos>

CLUB HOURS:

Monday - Friday 5:30am - 8:00pm
Saturday & Sunday 8:00am - 5:00pm

Virtual Access is included with regular membership & Virtual only Membership is just \$24.99/Month.

Go to www.thewomensclub.com/virtual-classes/

or email us at virtualhelp@thewomensclub.com to opt-in or sign up!

Book a Virtual class through the free MINDBODY app or

*Class length averages 50-55min unless otherwise noted.

starts 01/31/2021

thewomensclub.com

2105 Bow Street
Missoula, MT
(406) 728-4410



Strong Women

LIFT

Each Other Up