

Boxing & Boot Camp 2017 Fall Schedule



Check weekly schedule at tscnovi.com for changes! Download MINDBODY phone app. Make The Sports Club of Novi your favorite!

Mondays	6:05-7:05 am	Ultimate Boot Camp
	9:05-10:05 am	Power Hour Boot Camp
	7:00-8:00 pm	Cardio Kickboxing*
	8:15-9:00 pm	LED Cardio Boxing
Tuesdays	6:15-7:00 am	LED Cardio Boxing
	8:00-8:45 am	Cardio Boxing
	6:35-7:35 pm	Ultimate Boot Camp
	7:45-8:45 pm	Queenax Metabolic Fit
Wednesdays	6:05-7:05 am	Power Hour Boot Camp
	9:05-10:05 am	Power Hour Boot Camp
	7:00-8:00 pm	Cardio Kickboxing*
	8:15-9:15 pm	Cardio Boxing
Thursdays	6:35-7:35 pm	Ultimate Boot Camp
	7:45-8:30 pm	Best of Both Worlds
Fridays	6:05-7:05 am	Ultimate Boot Camp
	9:05-10:05 am	Ultimate Boot Camp
	7:00-7:45 pm	LED Cardio Boxing
Saturdays	7:25-8:25 am	Ultimate Boot Camp
	8:30-9:30 am	Cardio Kickboxing*
Sundays	9:00-10:00 am	Cardio Kickboxing*
	10:00-11:00 am	Technique Boxing

The Sports Club of Novi added boxing and kickboxing formats with a brand new boxing structure. We have 20 plus bags and a few awesome surprises in between all those punches.

*Classes use POLAR heart zone monitoring. Sensors available to borrow or purchase.

Yoga 2017 Fall Schedule



Mondays	9:00-10:15 am 10:30-11:30 am 4:30-5:30 pm 5:45-6:45 pm 7:00-8:00 pm	Vinyasa Yoga* Hatha Yoga Healthy Backs Slow Flow Hatha Yoga
Tuesdays	8:00-9:00 am 9:15-10:30 am 10:45-11:30 am 6:45-7:45 pm	Therapeutic Yoga* Ashtanga/Vinyasa* Hatha Express Healthy Backs
Wednesdays	8:00-9:00 am 9:15-10:15 am 10:30-11:30 am 6:00-7:00 pm 7:15-8:15 pm	Healthy Backs Slow Flow Hatha Yoga Yin* Slow Flow*
Thursdays	8:00-9:00 am 9:15-10:15 am 11:00-12:00 pm 6:15-7:15 pm	Therapeutic Yoga* Art of Vinyasa* Hatha Yoga Vinyasa*
Fridays	9:15-10:15 am 10:30-11:30 am 11:45-1:00 pm	Sculpt & Flow Hatha Yoga Gentle Yoga
Saturdays	8:00-9:00 am 9:15-10:30 am 11:00-12:00 pm	Healthy Backs Vinyasa* Hatha Yoga
Sundays	8:45-9:45 am 10:00-11:00 am 4:30-5:30 pm	Yin* Slow Flow* Yogalates*

Enjoy a Yoga Studio complete with Infrared heating, climate controlled environment, heated wood flooring, and sound proof construction.

Group Exercise 2017 Fall Schedule



Mondays	5:30-6:30 am	Cardio & Strength
	8:15-9:15 am	Stretch & Strength
	9:15-10:15 am	Aqua
	10:15-11:5 am	Cardio Circuit
	11:15-12:15 pm	Senior Balance, Strength & Stretch
	5:45-6:45 pm	Zumba
	6:45-7:45 pm	Body Conditioning
Tuesdays	5:45-6:45 am	Cardio & Strength
	10:15-11:15 am	Zumba
	5:45-6:45 pm	Barre Fitness
	7:00-7:45 pm	H.I.I.T.*
Wednesdays	8:15-9:15 am	Body Conditioning
	9:15-10:15 am	Zumba
	9:15-10:15 am	Aqua
	10:15-11:15 am	Barre Fitness
	11:15-12:15 pm	Senior Strength & Stretch
	5:45-6:45 pm	Step & Strength
Thursdays	5:45-6:45 am	H.I.I.T.
	8:00-9:00 am	Step & Strength
	9:15-10:15 am	Body Conditioning
	12:00-12:55 pm	Cardio Room & Stretch
	5:30-6:30 pm	Zumba
Fridays	8:00-9:00 am	H.I.I.T.*
	9:15-10:15 am	Zumba
	9:15-10:15 am	Aqua
	10:30-11:30 am	Basic Cardio
Saturdays	9:00-10:00 am	Step Special*
	10:00-11:00 am	Body Conditioning
Sundays	9:00-10:15 am	Athletic Conditioning
	11:00-12:00 pm	Zumba
	1:00-2:00 pm	Barre Fitness

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Cycle & Meta Cardio 2017 Fall Schedule

Check weekly schedule at tscnovi.com for changes! Download MINDBODY phone app. Make The Sports Club of Novi your favorite!

Mondays	9:15-10:15 am	Cycle Zone
	5:45-6:45 pm	Cycle Zone
Tuesdays	8:00-8:45 am	Basic Cycle
	9:15-10:15 am	Meta Cardio Mix
	5:45-6:45 pm	Cycle Zone
Wednesdays	5:45-6:45 am	Cycle Zone
	9:15-10:15 am	Cycle Zone
	6:30-7:30 pm	Cycle Zone
Thursdays	8:00-8:45 am	Cycle Zone
	10:30-11:30 am	Meta Cardio H.I.I.T. Circuit
	5:45-6:45 pm	Cycle Zone
	6:30-7:30 pm	Meta Cardio-Row, Peddle & Kettle
Fridays	5:45-6:45 am	Cycle Zone
	9:15-10:15 am	Cycle Zone
Saturdays	7:30-8:30 am	Cycle Zone
	10:00-11:00 am	Cycle Zone
Sundays	8:30-9:30 am	Cycle Zone



Cycle Zone has four formats, including Power, H.I.I.T., Endurance and Hills and themed rides. These are rotated. Themed rides feature artists or decade music. Please check our weekly schedule on-line, at tscnovi.com.

All classes use POLAR heart zone monitoring. Sensors available to borrow or purchase.