

## OFFERING OVER 100 CLASSES EACH MONTH

### CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		Indoor Cycling		Indoor Cycling		
8:00am	Indoor Cycling	Body Sculpt	Indoor Cycling	Body Sculpt		Indoor Cycling
8:00am	Step/Abs Cardio Express					Body Sculpt
9:00am	Zumba & Toning	Indoor Cycling	Zumba	Indoor Cycling	Yoga Vinyasa Lev 1	
9:15am		Zumba		Zumba		Body Sculpt
10:30am	SilverSneaker.Cardio Circuit		SilverSneaker YogaStretch	SilverSneakers		
11:00am					Zumba	
11:45am	SilverSneakers			Zumba Gold		
4:45pm	Body Sculpt	Kickboxing	Body Sculpt	Kickboxing		
6:00pm	Yoga Vinyasa Lev 1	Zumba & Toning	Step/Abs Cardio	Yoga Vinyasa Lev 1 & 2		
6:00pm	Indoor Cycling		Indoor Cycling			

### CHILD CARE HOURS

<b>MON</b>	7:50-10:30 am	4:30-7:15 pm
<b>TUE</b>	7:50-10:30 am	4:30-7:15 pm
<b>WED</b>	7:50-10:30 am	4:30-7:15 pm
<b>THU</b>	7:50-10:30 am	4:30-7:15 pm
<b>FRI</b>	7:50-10:30 am	
<b>SAT</b>	7:45-10:15 am	

PLEASE VISIT OUR WEBSITE FOR CLASS SCHEDULE & CANCELLATIONS:

**[WWW.WOODLANDFITNESS.COM](http://WWW.WOODLANDFITNESS.COM)**