



# CLASS SCHEDULE

WOODLANDFITNESS.COM

719.686.8800

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TOTAL BODY WORKOUT 6:00 AM	EXPRESS PILATES 7:30 AM	TOTAL BODY WORKOUT 6:00 AM	EXPRESS PILATES 7:30 AM	TOTAL BODY WORKOUT 6:00 AM	
INDOOR CYCLING 8:15 AM	BODY SCULPT 8:15 AM	ATHLETIC TRAINING 8:15 AM	BODY SCULPT 8:15 AM	ZUMBA 8:15 AM	BODY SCULPT 8:00 AM
COMPLETE FLOOR BARRE 9:15 AM	EXPRESS CYCLE 9:00 AM <hr/> GLUTE GAINZ 9:45 AM	COMPLETE FLOOR BARRE 9:15 AM	INDOOR CYCLING 9:15 AM	YOGA 9:15 AM	INDOOR CYCLING 9:00 AM
SENIOR CARDIO CIRCUIT 10:30 AM	TONE, CORE & BALANCE 10:30 AM	STRETCH & TONE 10:30 AM	SENIOR CARDIO CIRCUIT 10:30 AM	CORE STABILITY 10:30 AM	ZUMBA 9:15 AM
STRETCH & FLEX 5:00 PM	VINYASA YOGA 5:00 PM	ZUMBA 5:30 PM	YOGA 5:00 PM		

## CHILD CARE INFORMATION

**MONDAY-WEDNESDAY:**  
7:50 AM - 10:30 AM / 4:30 PM-7:15 PM  
**THURSDAY:**  
7:50 AM - 10:30 AM

**FRIDAY & SATURDAY:**  
7:50 AM - 10:30 AM / NO EVENING CHILD CARE

Updated 12.10.2023