

CLASS SCHEDULE

| TINAE | | THESDAY | | THIDCDAY | | CATURDAV |
|----------|--------------------------|--------------------------------|--|---------------------------|--------|---------------------------|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7:15 AM | | | | | | |
| 9:00 AM | <u>Pilates</u> Connie | SH NE DANCE FITNESS Lisa | <i>RELENTLESS</i> <i>RELENTLESS</i> Ezinne | STRENGTH TRAINING | | Latin Rhythms Betty |
| 10:15 AM | | | | | | SPIN PLUS Diane |
| 5:00 PM | | | | | | |
| 6:00 PM | SPIN PLUS Diane | | Latin Rhythms Betty | Latin Rhythms Betty | | |

| Questions? | Club Staffed Hours | | |
|----------------------------|--------------------|----------------|--|
| Please Contact | Mon- Thu | 8:00am- 8:00pm | |
| Us On Our Email | Fri & Sat | 8:00am- 4:00pm | |
| thewoodlands-tx@zoogym.com | Sun | 1:00pm- 5:00pm | |

| <u>Color Code</u> |
|-------------------|
| Flexiblity/Core |
| Dance Fitness |
| Strength |
| Cardio |
| Extra Fee Applies |

30420 FM 2978 SUITE #200 The Woodlands, Tx 77354 thewoodlands-tx@zoogym.com

281-419-1556

Kids Club Hours

| Mon- Thu | 8:00am- 12:00pm | |
|----------|--------------------|--|
| | 4:00pm- 8:00pm | |
| Fri- Sat | 8:00am- 12:00pm | |
| Sun | No Kids Club hours | |