














CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15 AM						
9:00 AM	 Connie	 Lisa	 Ezinne	 Lisa	 Connie	 Betty
10:15 AM						 Diane
5:00 PM						
6:00 PM	 Diane	 Connie	 Betty	 Betty		

Questions?

Please Contact

Us On Our Email

thewoodlands-tx@zoogym.com

Club Staffed Hours

Mon- Thu	8:00am- 8:00pm
Fri & Sat	8:00am- 4:00pm
Sun	1:00pm- 5:00pm

Kids Club Hours

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

Color Code

Flexibility/Core

Dance Fitness

Strength

Cardio

Extra Fee Applies

30420 FM 2978 SUITE #200

The Woodlands, Tx 77354

thewoodlands-tx@zoogym.com

281-419-1556