

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	