

CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am						
8:00am	Body Sculpt		Dirty 30	Body Sculpt	Zumba	
8:00am	Indoor Cycling		Indoor Cycling			Indoor Cycling
8:30am						Body Sculpt
9:00am		Indoor Cycling		Indoor Cycling		
9:15am	Manic Monday	Zumba	Core Express	Zumba	Hatha Yoga	
10:30am	Senior Cardio Circuit	Senior Sculpt	Senior Yoga	SilverSneaker Circuit		
11:45am	Senior Cardio Circuit	SilverSneaker Clasic				
11:45am	SilverSneaker Clasic			Quick Silvers		
4:45pm	Body Sculpt	Body Sculpt				
5:15pm						
5:30pm						
6:00pm		Vinyasa Yoga	Zumba	Vinyasa Yoga		
6:00pm	Indoor Cycling	Indoor Cycling				

CHILD CARE HOURS

MON	7:50-10:30 am	4:30-7:15 pm
TUE	7:50-10:30 am	4:30-7:15 pm
WED	7:50-10:30 am	4:30-7:15 pm
THU	7:50-10:30 am	4:30-7:15 pm
FRI	7:50-10:30 am	NO EVENING CHILDCARE
SAT	7:45-10:15 am	NO EVENING CHILDCARE

Woodlandfitness.com