

## CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am						
8:00am		Body Sculpt	Total Body Training	Body Sculpt	Zumba	Body Sculpt
8:00am	Indoor Cycling					
8:30am						
9:00am		Indoor Cycling		Indoor Cycling		
9:15am	Complete Floor Barre	Zumba	Complete Core	Zumba	Hatha Yoga	Indoor Cycling
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						
<b>CHILD CARE HOURS</b>						
<b>MON</b>	7:50-10:30 am	4:30-6:30 pm				
<b>TUE</b>	7:50-10:30 am	4:30-7:15 pm				
<b>WED</b>	7:50-10:30 am	4:30-7:15 pm				
<b>THU</b>	7:50-10:30 am	4:30-7:15 pm				
<b>FRI</b>	7:50-10:30 am	<b>NO EVENING CHILDCARE</b>				
<b>SAT</b>	7:45-10:30 am	<b>NO EVENING CHILDCARE</b>				
<b>Woodlandfitness.com</b>						