



30420 FM 2978 SUITE #200
 The Woodlands, Tx 77354
 281-419-1556
 thewoodlands-tx@zoogym.com

2020 CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:30AM		MOVE MATTHEW		MOVE MATTHEW			
9:00AM		BARRÉ above KELLY	PIYO LISA	YOGA Paige	BARRÉ above KELLY	Muscle Camp Sam	
9:30 AM	Pump-n-BURN LAURA		Pump-n-BURN LAURA		Pump-n-BURN LAURA		
10:00 AM		SHINE DANCE FITNESS LISA					
11:00 AM							
6:00 PM	AMP'D Kara		AMP'D Kara	BUTTS & GUTS Stephanie			
6:45 PM		Club Staffed Hours					

Questions?

Laura Zaunbrecher
 General Manager
LauraZ@zoogym.com

Monday - Thurs **8:00am-8:00pm**
 Friday 8:00am-4:00pm
 Saturday 8:00am-4:00pm
 Sunday 12:00pm-4:00pm

Kids Club Hours
 Monday - Thurs 8:00am-12:00pm 4:00pm-8:00pm
 Friday - Sat 8:00am-12:00pm
 Sunday No staff hours

Color Code

- Flexibility/Core
- Dance Fitness
- Strength
- Extra Fee Applies