

CLASS SCHEDULE

TIMETABLE

MON	
6.30 AM	WOODLANDS PUMP
10.00 AM	SENIOR STRETCH & CORE
6.30 PM	BODYBUSTER

TUE	
7.00 AM	SPIN
9.00AM	AQUA FIT
10.00 AM	STRONGHER
10.00 AM	AQUA FIT
6.00 PM	SPIN & STRENGTH

WED	
6.30 AM	BODYBUSTER
10.00 AM	PILATES
6.00 PM	SPIN & CORE

THU	
10.00 AM	AQUA FIT
10.00 AM	STRONGHER
6.30PM	STRONGHER

FRI	
6.30 AM	BOXFIT

SAT	
8.30 AM	BODYBUSTER
9.30 AM	SPIN

SUN	
	REST & RECOVERY
	REST & RECOVERY

WOODLANDS 
HEALTH & LEISURE CLUB

BOOK VIA THE WOODLANDS HEALTH & LEISURE

CLUB APP OR 061 605111