

GROUP EXERCISE SCHEDULE

The Woodlands Family YMCA at Branch Crossing

Monday				Thursday			
8:30am-9:30am	BODYPUMP™	Studio 2	Alexandra	5:00am-6:00am	Boot Camp	Gym	Valerie J
8:30am-9:30am	Cardio Combo	Gym	Erika F	8:15am-9:15am	Cycle	Studio 1	Liz B
8:30am-9:30am	Yoga	Studio 1	Nita P	8:30am-9:30am	BODYCOMBAT™	Gym	Susan T (sub)
9:35am-10:35am	BODYCOMBAT™	Gym	Cindy H	9:30am-10:30am	BODYFLOW™	Studio 1	Sandy S
9:35am-10:35am	PiYo™	Studio 2	Mariana V	9:35am-10:35am	Strong Core	Gym	Mariana V
9:45am-10:30am	Cycle	Studio 1	Melissa L	9:35am-10:35am	Nightclub Cardio®	Studio 2	Lori L
10:45am-11:45am	BODYFLOW™	Studio 2	Cindy H	10:35am-11:05am	High Intensity Interval Tra...	Gym	Mariana V
10:45am-11:45am	Zumba®	Gym	Cami P	10:45am-11:45am	Active Older Adults Strengt...	Studio 1	Lori L (sub)
10:45am-11:45am	SilverSneakers® Classic	Studio 1	Olga M	12:15pm-1:15pm	BODYCOMBAT™	Studio 2	Neila F
12:00pm-12:30pm	Metafit™	Studio 1	Jeanette M	5:45pm-6:45pm	Zumba®	Studio 1	Darkess M
12:15pm-1:15pm	BODYPUMP™	Studio 2	Melissa L	6:45pm-7:45pm	BODYCOMBAT™	Studio 1	Andrea S
4:30pm-5:30pm	BODYPUMP™	Studio 2	Gay L	7:45pm-8:45pm	BODYPUMP™	Studio 2	James W
6:00pm-6:35pm	Metafit™	Studio 2	Kami J				
6:00pm-7:00pm	PiYo™	Studio 1	Emily C				
6:40pm-7:40pm	Zumba®	Studio 2	Valerie J				
Tuesday				Friday			
5:00am-6:00am	Boot Camp	Gym	Valerie J	5:00am-6:00am	Cycle	Studio 1	Valerie J
8:15am-9:15am	Cycle	Studio 1	Liz B	8:30am-9:30am	BODYFLOW™	Gym	Cindy H
8:30am-9:30am	BODYCOMBAT™	Gym	Ezinne C	8:30am-9:30am	BODYPUMP™	Studio 2	Keith T
9:30am-10:30am	BODYFLOW™	Studio 1	Denise T	9:35am-10:35am	PiYo™	Studio 2	Mariana V
9:35am-10:35am	Cardio Strength Interval (C...	Gym	Mariana V	9:45am-10:45am	BODYJAM™	Gym	Cindy H
9:40am-10:25am	Fit Kids	Studio 2	Jennifer L	9:45am-10:30am	Cycle	Studio 1	Melissa L
10:35am-11:05am	High Intensity Interval Tra...	Gym	Mariana V	10:45am-11:45am	Mat Pilates	Studio 2	Jessica P
10:40am-11:35am	Line Dance	Studio 1	Melissa	10:45am-11:45am	SilverSneakers® Classic	Studio 1	Olga M
10:45am-11:45am	Zumba®	Studio 2	Cami P	12:00pm-12:30pm	Metafit™	Studio 1	Jeanette M
11:45am-12:45pm	SilverSneakers® Yoga	Studio 1	Diane N	12:15pm-1:15pm	BODYPUMP™	Studio 2	Alexandra
12:15pm-1:15pm	BODYCOMBAT™	Studio 2	Ezinne C	4:30pm-5:30pm	BODYPUMP™	Studio 2	Roxanne D
5:45pm-6:45pm	BODYFLOW™	Studio 1	Jan P				
6:45pm-7:45pm	BODYCOMBAT™	Studio 1	Susan T				
7:45pm-8:45pm	BODYPUMP™	Studio 2	Adriana S				
Wednesday				Saturday			
8:30am-9:30am	BODYPUMP™	Studio 2	Melissa L	7:00am-8:00am	Boot Camp	Gym	Valerie J
8:30am-9:30am	Cardio Combo	Gym	Erika F	8:30am-9:30am	BODYPUMP™	Studio 2	Jan P
8:30am-9:30am	Yoga	Studio 1	Nita P	8:30am-9:30am	PiYo™	Studio 1	Emily C
9:35am-10:35am	PiYo™	Studio 2	Cindy H	9:30am-10:30am	BODYFLOW™	Studio 2	Jan P
9:40am-10:40am	BODYCOMBAT™	Gym	Ezinne C	9:40am-10:40am	Yoga	Studio 1	Pamela G
9:45am-10:30am	Cycle	Studio 1	Jennifer S	10:45am-11:45am	Barre Workout	Studio 1	Amanda H
10:45am-11:45am	BODYJAM™	Gym	Cindy H	10:45am-11:45am	Zumba®	Gym	Melissa S
10:45am-11:30am	Cardio Combo	Studio 2	Mariana V				
10:45am-11:45am	SilverSneakers® Classic	Studio 1	Olga C				
12:00pm-12:30pm	Metafit™	Studio 1	Jeanette M				
12:15pm-1:15pm	BODYPUMP™	Studio 2	Melissa L				
4:30pm-5:30pm	BODYPUMP™	Studio 2	Jan P				
5:45pm-6:45pm	Yoga	Studio 1	Pamela G				
6:45pm-7:45pm	BODYPUMP™	Studio 2	James W				
				Sunday			
				2:30pm-3:30pm	Cycle	Studio 1	Robyn H (sub)
				3:00pm-3:30pm	Metafit™	Studio 2	Erin G
				3:45pm-4:45pm	Yoga	Studio 1	Keris T

NOTE: Class cancellations may not show on downloaded PDF schedule. Please check the website for up-to-date information.