



Woodinville Sports Club: Fitness Class & Pickle Ball schedule 2019

SUMMER/FALL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM	Power Yoga 8:00-9:00		Power Yoga 8:00-9:00		H.I.I.T 8:00-9:00		
8:30AM						Cardio Conditioning 8:30-9:30	
8:45AM							Pickleball 8:45-11:45
9:00AM		Cycle 9:00-10:00		Cycle 9:00-10:00			
9:15AM		Pickle Ball 9:15-12:15		Pickleball 9:15-12:15			
9:30AM	Step Aerobics 9:30-10:30		H.I.I.T. 9:30-10:30		Rizzmic Dance 9:30-10:30		
10:00AM						Yoga Flow 10:00-11:00	
10:15AM		Flow Yoga 10:15-11:15		Flow Yoga 10:15-11:15			
12:00PM	Lunch Crunch 12:00-1:00	BreakThru 12:00-1:00	Functional Conditioning 12:00-1:00	BreakThru 12:00-1:00	Lunch Crunch 12:00-1:00		
3:15PM						Pickleball 3:15-6:15	
5:15PM	Cycle 5:15-6:15		Cycle 5:15-6:15				
5:30PM		CrossFight 5:30-6:30		Step 5:30-6:30			
6:15PM	Flow Yoga 6:15-7:15		Flow Yoga 6:15-7:15				
6:40PM		H.I.I.T. 6:40-7:40		H.I.I.T. 6:40-7:40			
7:00PM			Pickleball 7:00-10:00				